



Kid-E-Care Discharge Instructions: Bronchiolitis

Bronchiolitis is a common viral infection of the lungs that occurs in young children under the age of 2 years. It is more commonly seen in the winter months. The small airways can become inflamed which can lead to wheezing and trouble breathing. It can last for 7-10 days and usually does not need treatment. Sometimes puffers are used if they help with breathing.

At home you can:

- Place your child upright
- Feed smaller amounts but more often
- Use saline drops/nasal spray such as Hydrasense
- Use a humidifier or steamy shower to relieve congestion
- Avoid triggers such as smoke

See your child's doctor within the next few days for reassessment. Return if increased trouble breathing, blue lips, poor feeding, or seems lethargic (sleepy) or very irritable (crying). If you are concerned and the clinic is closed, please go to your nearest Emergency Department.

More information can be found at www.aboutkidshealth.ca