

Bronchiolitis: How Do You Know When It's More Than A Cold?



Most babies experience coughs and sniffles, but sometimes it may be more than a cold.

Bronchiolitis is a lung infection that causes inflammation of the small airways in the lungs (called the bronchioles). This can make it difficult for some children to breathe



PREVENTION:

The viruses that cause bronchiolitis are very common and easily spread. It is not possible to prevent the condition altogether, but there are some **simple steps to reduce the chances of your child getting bronchiolitis.**

Mild symptoms can be managed at home, with most recovering within

2-3 weeks

But in some instances medical assistance (GP or hospital admission) will be needed.

RISK:

Babies are at greater risk of developing severe bronchiolitis if they were **born prematurely (babies born at less than 37 weeks), have a heart or lung condition or another immunodeficiency condition.**

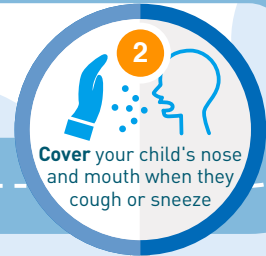
Immunisations may be given to babies and children for certain illnesses including winter-related illnesses. Your doctor will be able to advise you which immunisations your child may need..



1
Wash your hands regularly with soap and water



3
Avoid children and adults who have a cough or cold



2
Cover your child's nose and mouth when they cough or sneeze



4
Wash or wipe toys regularly to prevent spread of germs



5
Keep your baby away from tobacco smoke

Around **one in three** babies will get bronchiolitis before their **first birthday.**

For more information on the symptoms and when to seek medical assistance visit:
www.morethanacold.co.uk

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More than a cold 

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