



Pediatric Clinic
PATIENT EDUCATION HANDOUTS
BRONCHIOLITIS AND PNEUMONIA

Bronchiolitis (bron-key-o-LIE-tis) is a swelling or tightening of the small tubes in your child's lungs. **Pneumonia** (new-MOAN-ya) is an infection in the lungs. The lung tissue swells and mucus (phlegm) sticks inside the lungs. Both illnesses can be caused by either a virus or a germ. Bronchiolitis can also come from allergies.

Bronchiolitis and pneumonia can appear quickly. They are common in the winter. These illnesses may produce serious problems in some young children but usually result in only mild disease. Small children have small tubes in their lungs; their tubes are more easily blocked with mucus than are adults' tubes.

WHAT YOU MAY SEE:

Your child may have:

1. A fever
2. A harsh cough
3. Fast breathing
4. Less energy. Babies may become tired when feeding.
5. Trouble breathing. Your child's skin around his ribs may pull in. His nostrils may flare (become larger while breathing in).
6. Decrease appetite, difficulty feeding

WHAT TO DO:

1. For a fever, give Tylenol as directed on the bottle if approved by your child's physician. Dress your child in light weight clothes. Keep him cool, but if he shivers cover him with a light sheet or blanket. Offer him cool liquids to drink.
2. Some coughing helps loosen the mucus in his lungs. Do not give cough medicine unless your doctor prescribes it.
3. Before feeding your baby, suction his nose with a bulb syringe. This may help him breathe and feed more easily.
4. During feedings, hold your baby in a sitting position. He may breathe and eat better and not choke as easily.
5. Your child may vomit after a long coughing spell. Let him rest 10 to 15 minutes, then slowly feed him again.
6. Try to do most of your child's care at one time. This will give him longer times to sleep and rest.

TO HELP PREVENT OTHERS FROM GETTING SICK:

- Wash your hands frequently.
- Keep young children away from the ill child.

WHEN TO CALL THE DOCTOR:

Call your doctor if your child:

- Cannot keep his formula down.
- Cannot eat because he is breathing too quickly or is too tired.
- Is not crying tears.
- Is not urinating ("passing water")
- Has a fever that concerns you
- If you hear whistling or squeaking sounds as your child breathes.