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|  |  | BronchiolitisAn infection of the respiratory tract. The tiny airways (bronchioles) become infected with a virus—causes swelling and fill with mucous. As a result, it can make breathing difficult. It is more common during the winter months. Most often affects infants and young children (<2 years) because their airways are small and easily blocked. More common in premature babies, children with lung or heart problems, and kids with weak immune systems. Often caused by respiratory syncytial virus (RSV), but also by common cold or influenza |
| Contact**PHONE:****763-333-7733** *24-hour access to care***FAX:****763-333-7711****WEBSITE:****childandteenmedicalcenter.com****EMAIL:****info@childandteenmedicalcenter.com**LOCATIONS:**Blaine:**11107 Ulysses Street NE, Suite 100Blaine, MN 55434**Fridley:**7225 University Ave NEFridley, MN 55432PROVIDERS:Kaylee Adams, CNPJennifer Benton, CNPCatherine Chang, MD John Hollerud, MDJennifer Rousseau, MDStephen Sitrin, MDBenjamin Williams, CNP Molly Wirtz, CNP |  | WHAT to Expect:* Cough, fever, stuffy nose/congestion
* Poor nursing/bottling and eating due to nasal congestion
* At clinic visit: nasal swab for testing, provider examination, pulse oximeter (check child’s oxygen levels)

IMPORTANT TO KNOW:* Kids in daycare, have siblings in school or are around secondhand smoke have higher risk
* Older children and adults can get bronchiolitis, but symptoms are usually very mild
* Spread through laughing, talking, coughing, or sneezing; touching things that have mucous on them and then touching your eyes, nose or mouth
* No treatment. Most children recover at home. Some instances children can develop difficulty breathing and wheezing in lungs.
* Clear nasal congestion with nasal aspirator and saline, especially prior to feeding and sleep
* Humidifier or vaporizer in room
* Clear liquids (Pedialyte or water) if not tolerating formula or breastmilk
* Symptoms can last 1-2 weeks, sometimes several weeks
* Child likely to wheeze with future colds/illnesses that season

WHen to call the clinic:* Fast, shallow breathing, belly moving up and down quickly
* Areas below and between the ribs sink in as child breathes
* Nostrils flaring
* Fussy and not able to be consoled
* Poor feeding, not easily woken for feedings
* Few wet diapers

Medication Dosages for Current Weight ( )Acetaminophen (Tylenol): every 4-6 hoursIbuprofen (Motrin or Advil): every 6 hours |