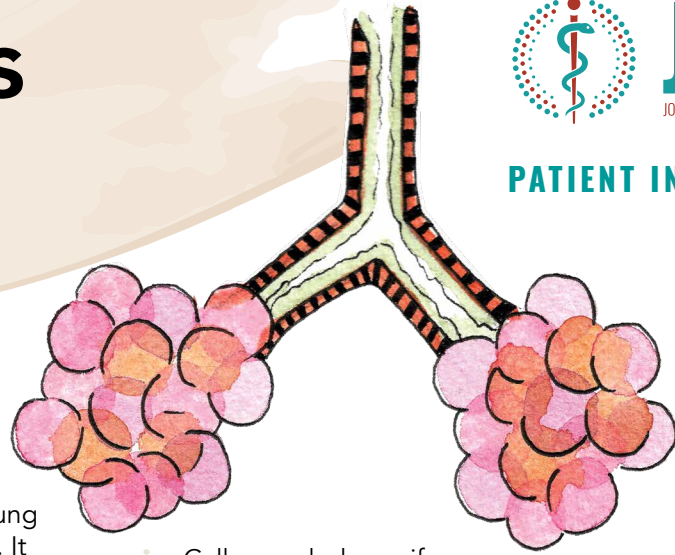


Bronchiolitis



What is Bronchiolitis?

Bronchiolitis is a common chest infection in young babies, caused by a virus that affects the lungs. It makes it harder for babies to breathe because the airways become swollen and filled with mucus.

Bronchiolitis usually affects babies under six months old but can sometimes affect babies up to 12 months.

How did my baby get Bronchiolitis?

Viruses causing bronchiolitis can spread easily from person to person. Babies can catch it from:

- Colds or flu.
- Being around other sick children.
- Close contact with someone who has the virus.

How does Bronchiolitis affect my baby?

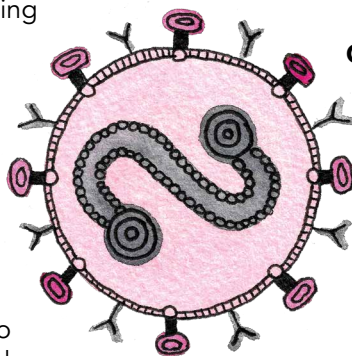
Bronchiolitis often starts like a cold with a mild cough and a runny or blocked nose. After a day or two, it may get worse, and your baby might:

- Breathe faster or make a wheezing sound.
- Struggle to breathe (you might see their ribs pulling in or nostrils flaring).
- Be more tired, upset, or have trouble feeding.
- Develop a fever.

If your baby has any of the symptoms above, it's a good idea to yarn with your GP or healthcare worker.

Go to the hospital if your baby:

- Has trouble breathing or isn't feeding well.
- Looks pale, sweaty, or very tired.



Call an ambulance if:

- Your baby is struggling to breathe.
- Their lips or face turn blue.

Babies born early, babies younger than 10 weeks, or babies with conditions like heart or lung disease are at higher risk and need medical help quickly.

How can we fix Bronchiolitis?

Medicines like antibiotics, asthma puffers, or steroids won't help because bronchiolitis is caused by a virus. Most babies don't need hospital care and can get better at home with rest and care.

If your baby is very sick, they might need to go to the hospital to:

- Get extra oxygen to help them breathe.
- Have fluids through a tube in their nose or a drip in their arm if they're not drinking enough.

Caring for your baby at home

You can care for your baby at home by:

- **Rest:** Let your baby rest as much as possible.
- **Feeding:** Offer smaller, more frequent feeds (breastfeeds or formula). This keeps them hydrated and stops them from getting too tired.
- **Clear the Nose:** Use saline nasal drops or sprays to clear mucus, making it easier for your baby to breathe and feed.
- **Smoke-Free Environment:** Keep your baby in a smoke-free home. Smoke can make breathing harder.

Looking after a sick baby can be hard. Remember, you're not alone. You can always yarn with your family, community, or healthcare workers for help. Aboriginal Health Services and your GP are here to support you and your baby through this time.

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