

4150 Woodlands Pkwy, Suite B
Palm Harbor, FL 34685
(727) 772-1452



2137 Little Rd
Trinity, FL 34655
(727) 372-6760

Bronchiolitis (Respiratory Syncytial Virus)

What is bronchiolitis? A viral respiratory infection

Symptoms include: Wheezing: a high-pitched whistling sound produced during breathing out.

- Rapid breathing
- Coughing
- Onset of lung symptoms often preceded by fever and runny nose
- Sticky nasal mucus
- Symptoms similar to asthma

What is the cause?

The wheezing is caused by narrowing of the smallest airways in the lungs (bronchioles). This narrowing results from inflammation (swelling) caused by any of a number of viruses, usually the respiratory syncytial virus (RSV)

RSV occurs in epidemics almost every winter. Infants with RSV develop bronchiolitis, children over 2 years of age and adults just develop cold symptoms.

This virus is found in nasal secretions of infected individuals. It is spread by sneezing or coughing at a range of less than 6 feet or by hand to nose or hand to eye contact. People do not develop permanent immunity to this virus.

How long does it last?

Wheezing and tight breathing become worse for 2 to 3 days and then begin to improve. Overall this wheezing can last approximately 7 days and the cough about 14 days.

The most common complication of bronchiolitis is an ear infection. Only 1% to 2% of children with bronchiolitis are hospitalized because they need oxygen or intravenous fluids.

How can I take care of my child?

Humidity: Dry air tends to make the cough worse. Use a cool mist humidifier.

Nasal Washes: Use saline nose drops and use soft rubber bulb syringe to suck out mucus.

Feedings: Encourage your child to drink adequate fluids. Eating is tiring so offer your child formula or breast milk in smaller amounts at more frequent intervals.

No smoking: Smoke aggravates coughing. The incidence of wheezing increases greatly in children who have RSV and are exposed to second hand smoke.

Call IMMEDIATELY:

- Breathing becomes labored or difficult
- Respirations are greater than 60 breaths/min
- You child starts acting very sick

Within 24 hours if:

- There is any suggestions of a earache
- A fever last more than 3 days
- You have any questions or concerns