

Bronchiolitis

(Lower respiratory tract infection)

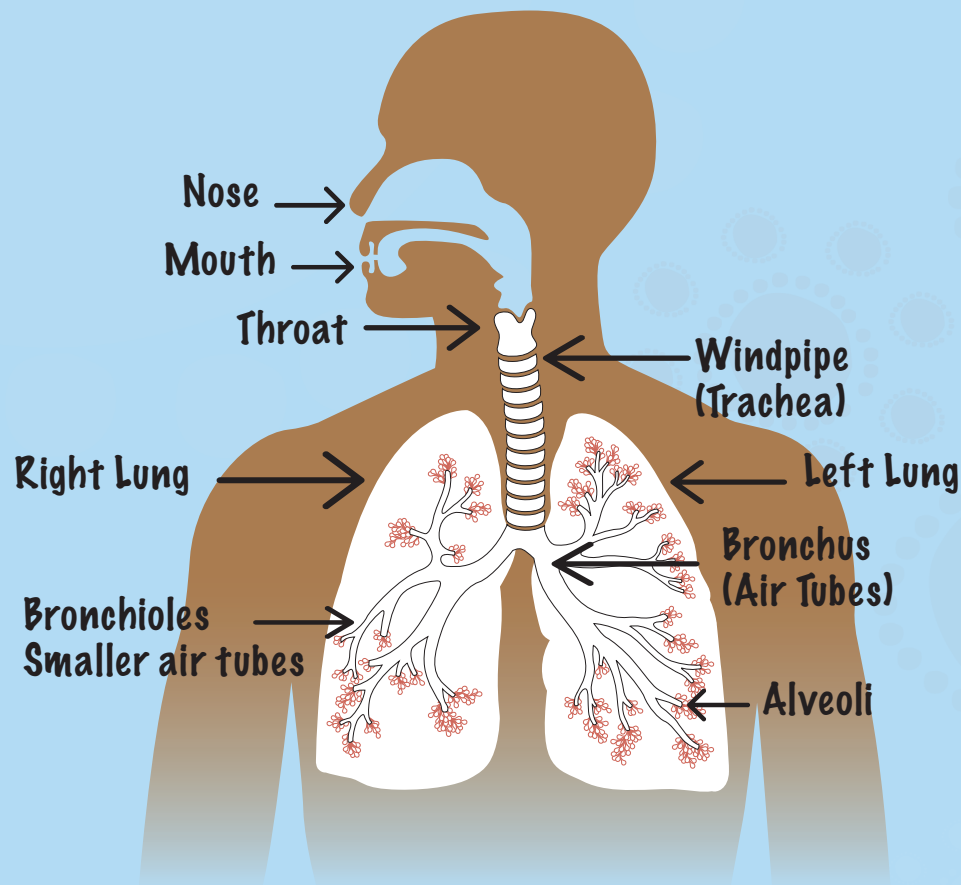


The lungs

- You have two lungs.
- They sit inside your chest, above your stomach and surround your heart.
- The lungs have a very important job inside your body.



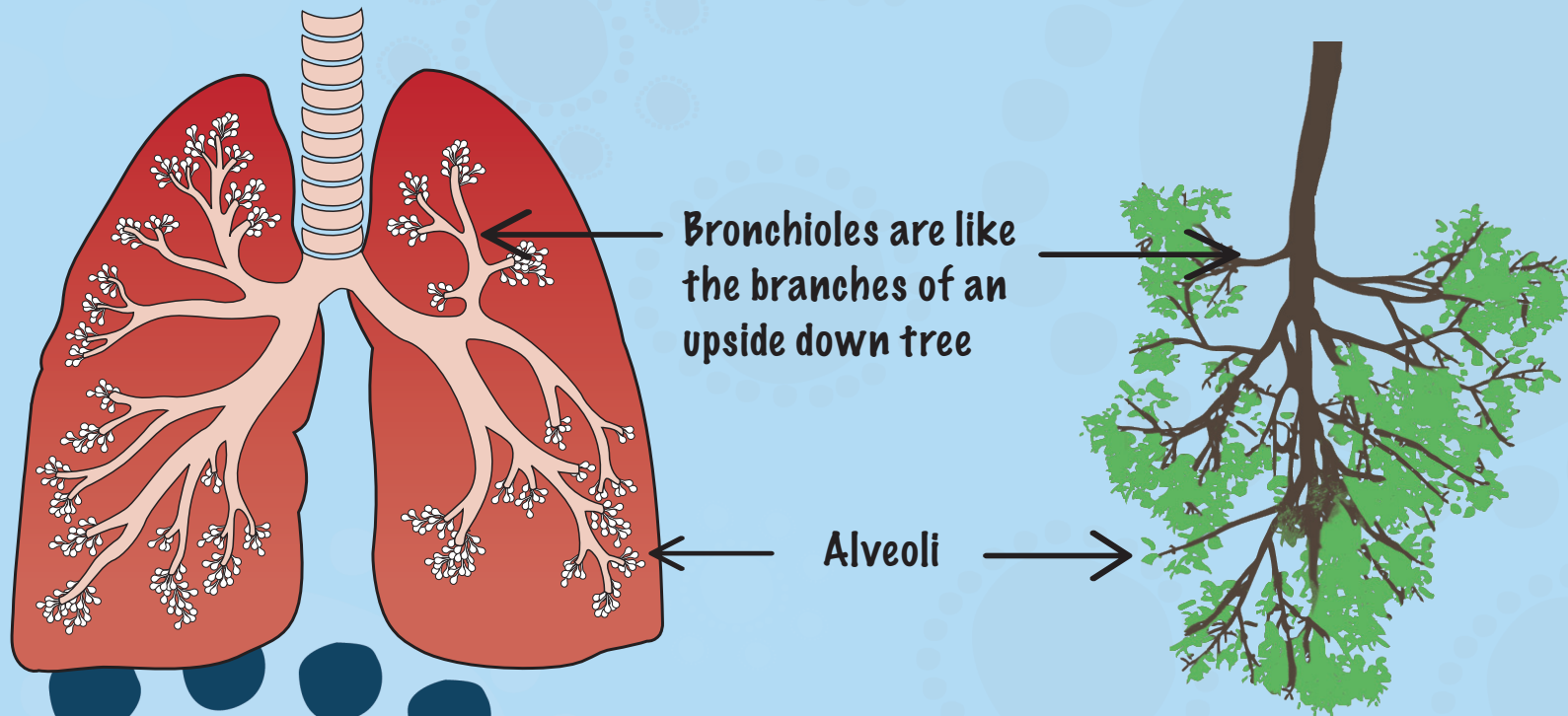
The lungs



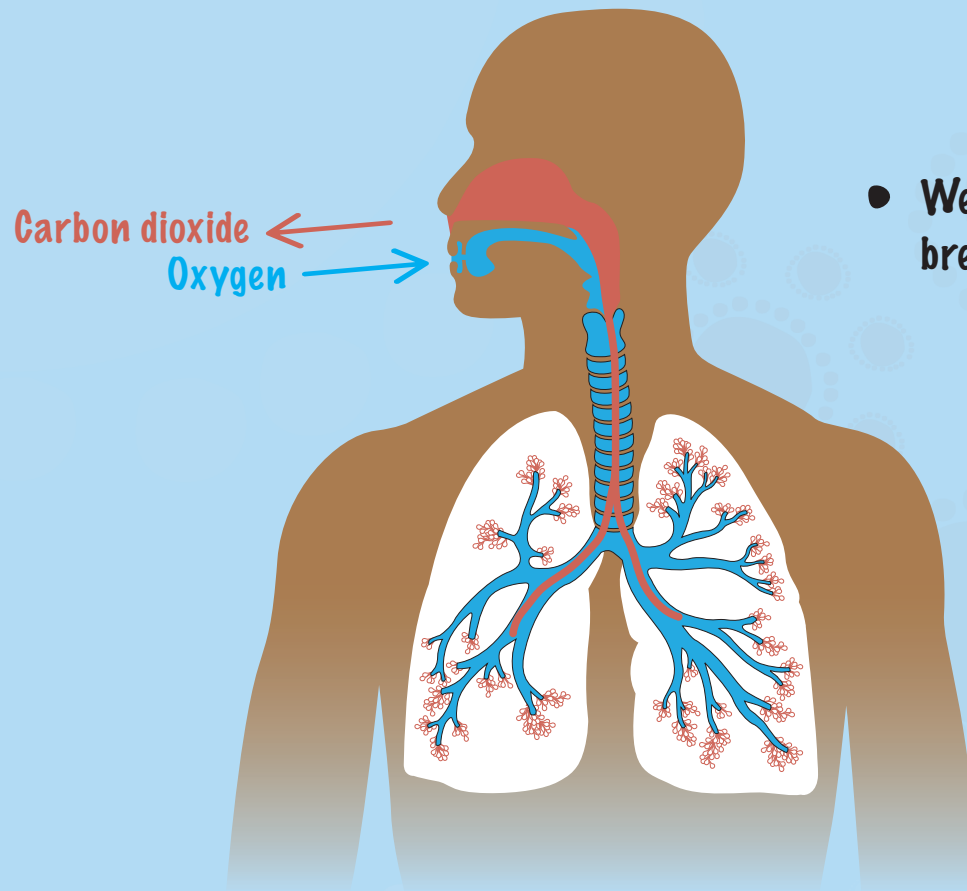
- When we breathe in air it enters our body as oxygen.
- The air enters in through our mouth/nose and travels down our main windpipe (trachea).
- The wind pipe then divides into two smaller air tubes.
- One air tube goes into the left lung and one into the right lung (left and right bronchus).
- The air tubes then branch out into smaller air tubes (bronchioles).

The lungs

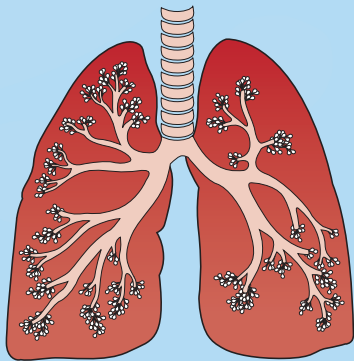
- The smaller air tubes (bronchioles) look like the branches of an upside down tree. At the end of the bronchioles are tiny little air sacs that look like tiny bunches of grapes, these are called alveoli.
- The air sacs (alveoli) have an important job of giving the good air (oxygen) to our blood and taking the used air (carbon dioxide) out.



The lungs



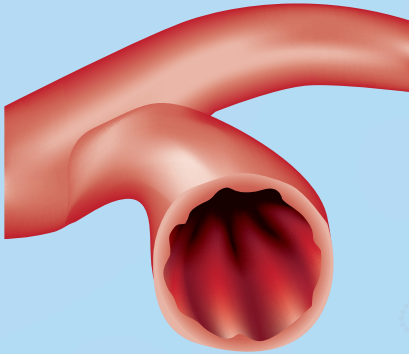
- We breathe in good air called **oxygen** and we breathe out used air called **carbon dioxide**.
- The good air (**oxygen**) we breathe goes into our lungs then goes into our blood. **Oxygen** gives our body energy to work properly.



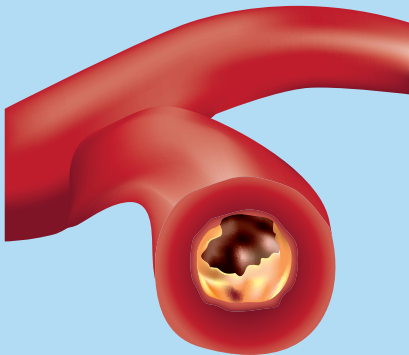
Bronchiolitis

(Lower respiratory tract infection)

What is bronchiolitis?



Healthy breathing tube

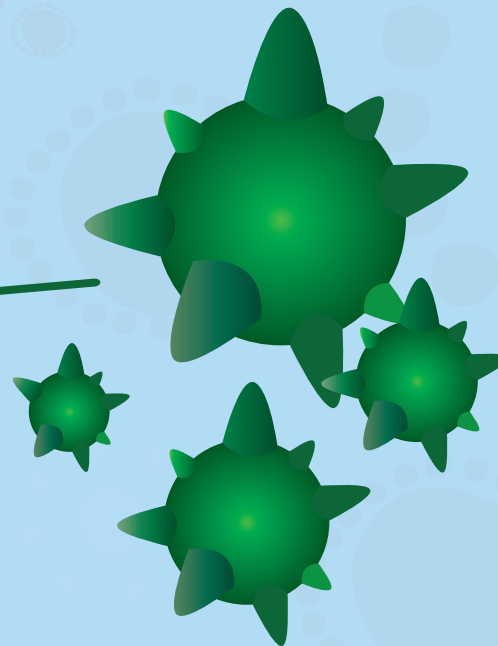
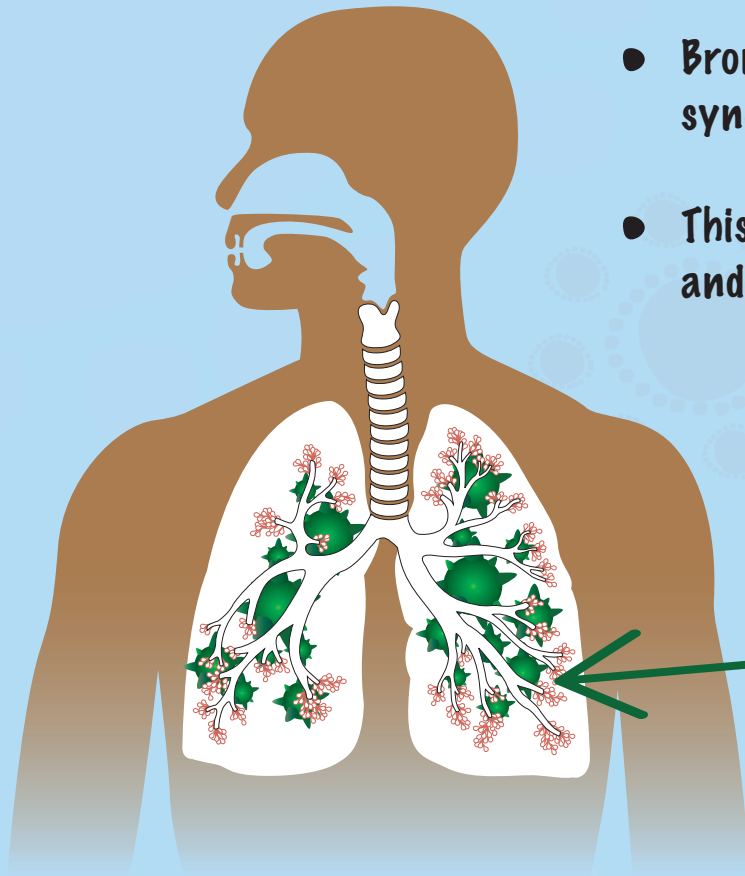


Sick breathing tube

- Inflammation of the small breathing tubes (bronchioles) in the lung.
- It is the most common lower respiratory tract infection in young children.
- Bronchiolitis can happen all year round.

What causes bronchiolitis?

- Bronchiolitis is usually caused by a virus called RSV (respiratory syncytial virus). But other viruses can cause bronchiolitis.
- This virus can be spread to other people by coughing, sneezing and touching surfaces that has the germs on it.

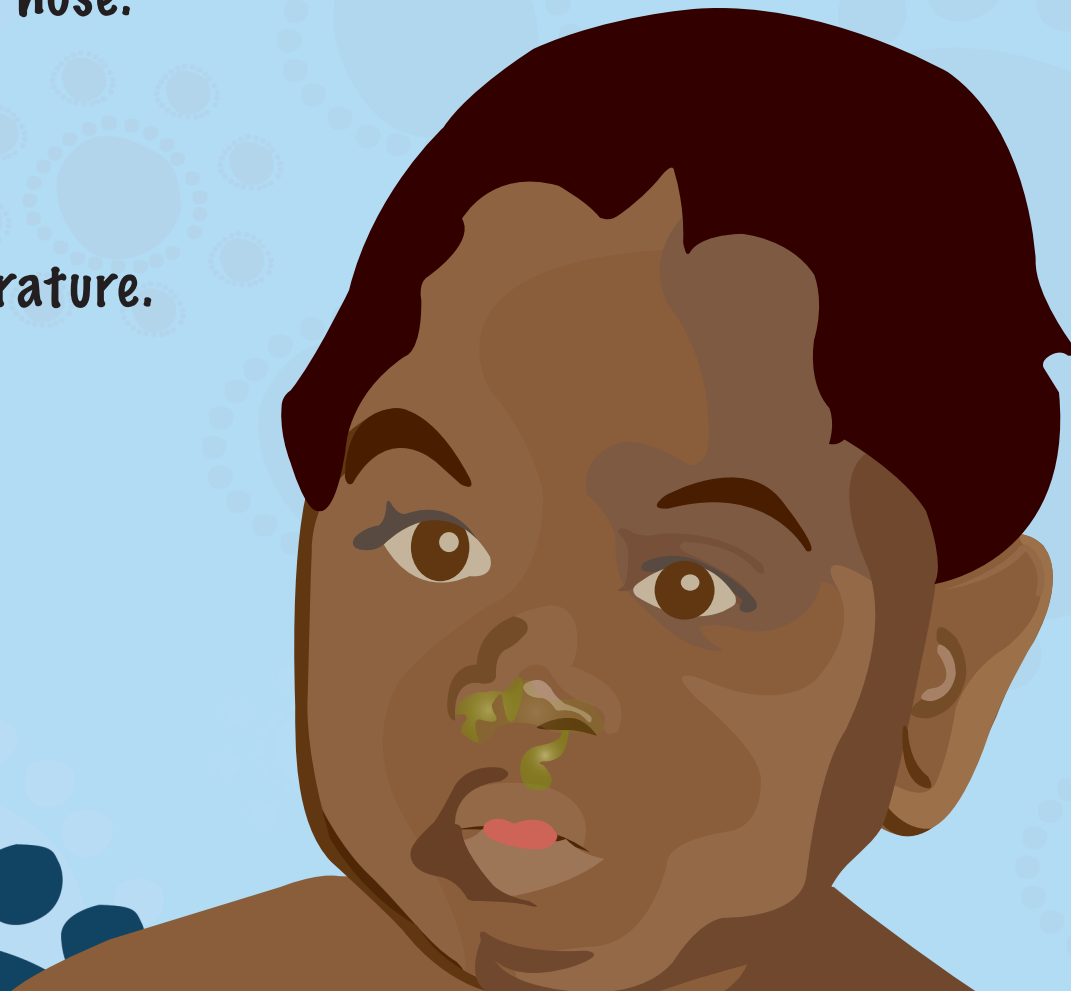


Virus germ
called RSV

Signs and symptoms



- Runny nose.
- Cough.
- Temperature.



Signs and symptoms

As children get worse they may show other signs:

- **Fast and noisy sounds when they breathe.**
- **Their chest sucks in when they breathe.**
- **They find it hard to feed.**
- **They are restless - not sleeping well.**

Some things we do for bronchiolitis

- Sometimes chest x-ray.
- A nose swab.
- Listen to your baby's chest with a stethoscope.



Treatment

Some babies need to come into hospital.
Some of the treatment for these babies are:

- Oxygen.
- Close observation.
- Lots of rest.
- IV fluids or nasal gastric feeds if baby is unable to feed.
- Suction to keep the nose clear.
- Sometimes antibiotic medicine and puffers.



How long will my baby be sick?

- Some babies start to get better within 3-4 days.
- Some babies need to come into hospital and receive oxygen for a few days.
- Sometimes babies get worse and their chest infection may need antibiotics and their stay in hospital is longer.
- Most babies have a full recovery from bronchiolitis.
- Some babies will have wheeze attacks again.



What should I do if my child does not get better?

If your baby has any of the below problems, you need to visit your doctor or clinic:

- Has a cough for a long time, and it will not go away.
- Get short wind when they play.
- Always tired.
- Not eating and drinking well.



Ways to help improve your child's lungs



- **Breastfeeding to help make your baby strong.**
- **Keep immunisations up-to-date.**
- **Eating plenty of good tucker will help your child to grow.**



Things to remember

- Nose blowing and coughing can help get rid of spit. Use tissue or toilet paper to stop germs from spreading.
- Keeping hands, face and skin clean will help stop germs from spreading.
- Avoid smoking around children, especially in cars and inside the house.
- Keep children away from open fire/smoke.



Why are healthy lungs important?

- The lungs in children are still growing, so we have to look after them.
- Lung sickness is one of the most common reasons why Aboriginal and Torres Strait Islander people need to go to hospital.
- Having strong lungs helps children to grow, live longer, play and learn.



Acknowledgments



The Bronchiolitis flipchart was developed in consultation with Menzies School of Health Research, The Australian Lung Foundation, Asthma Foundation Northern Territory and the Menzies School of Health Research Indigenous Reference Group.



"When you can't breathe...
nothing else matters"™



To order more resources or to provide feedback please email:
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