

# Healthier Together

The Healthier Together website offers standardised resources that all GPs, paediatricians and clinicians can use to communicate a consistent message to parents.



- Share information via SMS
- Safety netting and parent information sheets
- Clinical pathways
- Paediatric pathways
- Referral criteria
- Accessible for all disabilities and languages

**Bronchiolitis Advice Sheet**  
(a cause of persistent cough, mild fever and feeding difficulties in infants)  
Advice for parents and carers of children younger than 1 year old

**How is your child?**

**RED**

- If your child has any of the following:
  - Has blue lips
  - Has pauses in their breathing (apnoeas) or has an irregular breathing pattern
  - Becomes pale, mottled and feels abnormally cold to touch
  - Becomes extremely agitated, confused or very lethargic (difficult to wake)

**You need urgent help**  
go to the nearest Hospital Emergency (A&E) Department or phone 999

**AMBER**

- If your child has any of the following:
  - Has laboured/rapid breathing or they are working hard to breathe – drawing in of the muscles below their lower ribs, at their neck or between their ribs.
  - Seems dehydrated (dry mouth, sunken eyes, no tears, drowsy or passing less urine than usual)
  - Is becoming drowsy (excessively sleepy)
  - Is under 3 months of age with a temperature above 38°C / 100.4°F or 3-6 months of age with a temperature above 39°C / 102.2°F (but fever is common in babies up to 2 days after they receive vaccinations)
  - Seems to be getting worse or if you are worried

**You need to contact a doctor or nurse today**  
Please ring your GP surgery or call NHS 111 - dial 111

**GREEN**

- If none of the features in the red or amber boxes above are present.

**Self Care**  
Using the advice below you can look after your child at home

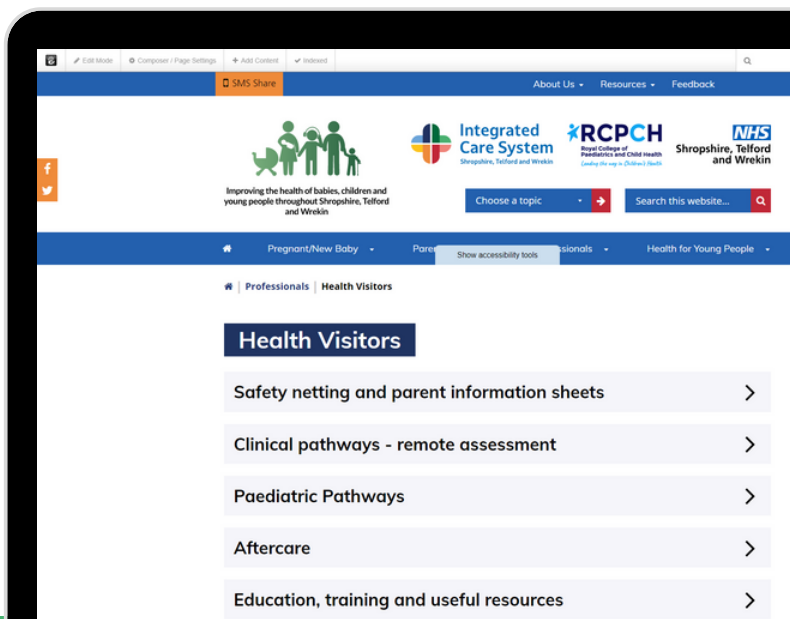
**How can I look after my child?**

- If your child is not feeding as normal offer smaller feeds but more frequently. Offer.....ounces every.....hours
- Children with bronchiolitis may have some signs of distress and discomfort. You may wish to give either Paracetamol or liquid Ibuprofen to give some relief of symptoms (Paracetamol can be given from 2 months of age). Please read and follow the instructions on the medicine container.
- If your child is already taking medicines or inhalers, you should carry on using these. If you find it difficult to get your child to take them, ask your Pharmacist, Health Visitor or GP. **Bronchiolitis is caused by a virus so antibiotics will not help.**
- Make sure your child is not exposed to tobacco smoke. Passive smoking can seriously damage your child's health. It makes breathing problems like bronchiolitis worse.
- Remember smoke remains on your clothes even if you smoke outside.

If you would like help to give up smoking you can get information / advice from your local GP surgery or by calling the National Stop Smoking Helpline Tel: 0800 169 0 169 from 7am to 11pm every day.

[www.stw-healthiertogether.nhs.uk](http://www.stw-healthiertogether.nhs.uk)

This guidance is written by healthcare professionals from across Hampshire, Dorset and the Isle of Wight



**Visit:**

[www.stw-healthiertogether.nhs.uk](http://www.stw-healthiertogether.nhs.uk)

