



UNDERSTANDING BRONCHITIS AND HOW TO AVOID IT

What is bronchitis?

Bronchitis is swelling in your child's airways in the lungs. This swelling may cause him to cough or have other breathing problems. Bronchitis often starts because of another illness, like a cold or the flu. The illness spreads from your child's nose and throat to his airways in the lungs. Bronchitis is often called a chest cold. Bronchitis lasts about two weeks and is usually not a serious illness.

What causes or increases my child's risk for bronchitis?

- **Infection:** Bronchitis is most often caused by a type of germ called a virus. It may also be caused by other germs.
- **Polluted air:** Bronchitis can be caused when your child breathes air that has harmful fumes or dust.
- **Cigarette smoke:** If you smoke around your child, he may be at a higher risk for Bronchitis.
- **Medical problems:** Your child may be more likely to get Bronchitis if he has other medical problems. Examples include asthma, allergies, or heart problems.
- **Premature birth:** Babies who are premature (born too early) may be at a higher risk for bronchitis.

What are the symptoms of bronchitis?

- Persistent cough
- Headache
- General feeling of illness or discomfort
- Fever and chills
- Shortness of breath
- Soreness or a feeling of tightness in the chest

In some cases of bronchitis, a doctor might order medicines to reduce the swelling in the airways of the lungs or oxygen if needed. In most cases, you should simply do all the things you usually would do for a cold: Take Tylenol (acetaminophen) or Motrin (Ibuprofen) for pain and drink lots of liquids.