


## Information Sheet: Bronchiolitis / Rhinitis in Infants

### What is bronchiolitis?

Bronchiolitis is a common viral infection that causes breathing difficulties. It mainly affects infants in autumn and winter. The virus spreads through coughing, saliva, hands, and contaminated objects. In older children or adults, it often causes only a simple cold or bronchitis.


The most frequent signs are a blocked nose, a dry cough with wheezing and rapid breathing, sometimes fever, difficulty feeding or drinking, and fatigue with crying and disturbed sleep. The acute phase lasts about 10 days, but the cough may persist for up to 4 weeks.

### How can you help your baby breathe more easily?

- **Nasal washing** with saline solution several times a day and before each meal.  
Scan the QR code for the video   
Lay the baby on their side or on their stomach with the head turned.
- Inject saline into the *upper* nostril (the one on top).  
Allow the liquid to come out through the other nostril, then wipe.  
Repeat on the other side.
- **Smaller, more frequent feeds** to make feeding easier.
- **Temperature monitoring:** morning and evening.
- **Room ventilation:** air out the baby's room daily and keep it around 19 °C.  
Avoid overheating the home, and avoid passive smoking.
- **Respiratory physiotherapy** is no longer systematic.  
It is no longer recommended to raise the head of the mattress, as it may cause the baby to slide or end up in an unsafe position.  
Cough medicines are contraindicated.



### Contact a doctor promptly if, despite nasal washing:

- your baby is breathing faster (assessed when calm—outside feeding, crying, and coughing episodes),
- **OR** your baby is breathing with effort: chest indrawing (assessed when calm; see QR code ),
- **OR** your baby is feeding poorly (drinks < 50 % of usual bottles over 3 consecutive feeds).

### Call emergency services (15) or go to the ER if:

- breathing pauses occur,
- lips or extremities turn blue,
- significant breathing difficulty or unusually slow breathing,
- unusual drowsiness, reduced responsiveness, or no reaction.



### Prevention and hygiene measures

- Wash your hands before and after touching your baby.
- Avoid kissing your baby on the face if you have a cold.
- Wear a mask if you are coughing or have a runny nose.
- Clean pacifiers, bottles, comforters, and toys regularly.
- Air out rooms daily.
- Avoid public places, crowded rooms, and contact with sick individuals.
- Never smoke indoors or near the child.

