



# Keeping babies & toddlers well in winter

Does your child have a cold?

**RSV (respiratory syncytial virus) is a virus that causes colds and coughs in winter**

It is very common and easily spreads from person to person.

Some babies and toddlers who catch RSV get ill with an infection called bronchiolitis which causes breathing problems.

Find out more by visiting [contact.org.uk/rsv](https://www.contact.org.uk/rsv)

**contact**

*For families with disabled children*





## What is bronchiolitis?

Bronchiolitis is a common infection in children under two. It can narrow the airways in their lungs and make it hard for them to breathe.

It's important you spot signs of bronchiolitis, so you know when to contact the doctor or call for emergency help.

Most cases are not serious and clear up in 2 or 3 weeks, but symptoms can be worrying.

## Babies & toddlers most at risk of needing hospital care

Babies and toddlers are more likely to get very poorly with bronchiolitis if they are under two months old, born early (prematurely), have heart or lung problems, a weak immune system, or a condition like muscular dystrophy.

## Has my baby got bronchiolitis?

Early symptoms of bronchiolitis are like a normal cold: a runny nose and cough.

A few days later your child might:

- ***get a high temperature or fever***
- ***have a dry cough that doesn't stop***
- ***have problems eating***
- ***be wheezy – fast and noisy breathing.***

## When should I get help?

Most of the time, you can look after your child at home until their symptoms go away.

If you are worried about your baby or toddler at any time, talk to your GP.

If your child develops bronchiolitis, check on them often during the day and night.

## When should I call my GP, NHS 111 or 999

**Call NHS 111 or your GP** if your child is eating much less than usual, has a dry nappy for over 12 hours, a high temperature of 38C or seems very tired.

**Call 999** for an ambulance if your child has difficulty breathing, is breathing very fast or with long pauses between each breath, you cannot wake them or keep them awake, or if their tongue or lips are blue.

To find out more visit [contact.org.uk/rsv](https://www.contact.org.uk/rsv)