

## Bronchiolitis

# Keeping your baby well

We are expecting more babies to catch respiratory illnesses this year, due to reduced immunity in the community.

### Wash your hands before you touch your baby

Keeping clean hands is a fantastic way to stop the spread of any virus

### Cover your face around your baby

Consider covering your face around your baby if you have a cold

### Keep space around your baby

Try to keep space between your baby and anyone with a cold or other infections

### Worried about your child?

Dial 111 or call your GP

### When to ask for immediate help:

- If your baby is having difficulty breathing
- If your baby's tongue or lips are blue
- If there are long pauses in your baby's breathing
- If your baby is unable to feed

**Then 999 is your best option**

### Helpful Information:



### Trust your instincts!

If your baby is managing small feeds and responding to you normally then home care is the best care.