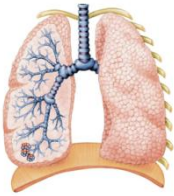


# Bronchitis

## What is it?



- **Acute Bronchitis**- chest cold, occurs when the bronchial tubes in the lungs become inflamed, tubes swell and produce mucus causing a cough, often occurs after a cold/upper respiratory infection
  - **Prevent Acute Bronchitis**- AVOID smoking, second hand smoke, always wash and sanitize your hands, keep immunizations up to date
- **Bronchiolitis**- infant viral infection, can obstruct small airways, may require treatment

## Signs and Symptoms:

- **Symptoms**- SOB/shortness of breath, chest pain, usually last up to 2 weeks but can last 8 weeks
  - **Chronic Bronchitis**- common among smokers, cough with mucus about 3 months a year for 2 years back to back

## Recommendations:

- **See your Health Care Provider if**- temperature > 100.4°F, fever or cough with thick or bloody mucus, trouble breathing/SOB, symptoms that last more than 3 weeks, repeated episodes, chronic lung or heart problem, child younger than 3 months and has a fever

## Facts:

- **Causes of Bronchitis**- RSV/Respiratory syncytial, adenovirus, influenza, parainfluenza, bacteria in rare cases, pollutants (airborne irritants, chemicals), sore throat, soreness in chest, fatigue, mild headache, mild body aches, watery eyes, low grade fever/less than 102°F
- **Antibiotics** – do not help is a virus or irritation in the air (cigarette smoke), acute bronchitis gets better on its own so take antibiotics only if prescribed due to resistant to antibiotics

## What can I do?

- **See your Health Care Provider**- visit to be evaluated, antibiotics
- **See a Registered Dietitian**- for help as needed

