



Winter Illness Checklist – how to reduce the risk of coughs, colds and bronchiolitis



During the winter months, follow these tips to help keep small babies healthy and safe from winter illnesses such as coughs, colds and bronchiolitis.

1. Wash your hands regularly with soap and water - especially before you touch the baby. Make sure siblings and visitors wash their hands too
2. Cover your child's nose and mouth when they cough or sneeze
3. Try to keep away from other children and adults who show signs of a cough or cold
4. Wash or wipe toys regularly to prevent the spread of germs
5. Ensure your baby is kept away from tobacco smoke. Never allow anyone to smoke around your baby

Bronchiolitis is a common lung infection in babies and young children. For most it is no more severe than a cold but some babies may need hospital care.

Visit www.morethanacold.co.uk* for more information on bronchiolitis, symptoms to watch out for and how to help reduce your baby's risk of getting the illness.



When to seek medical advice

Contact your GP if you're worried about your child, or if they develop any of the following symptoms:

- Struggling to breathe
- Poor feeding (your child has taken less than half their usual amount during the last two or three feeds)
- They've had no wet nappy for 12 hours or more
- A breathing rate of 50-60 breaths per minute
- A high temperature of 38C (100.4F) or above
- They seem very tired or irritable

It's particularly important to seek medical advice if your baby is under 12 weeks old, or they have an underlying health condition, such as a congenital (present from birth) heart or lung condition.

Immunisations may be given to babies and children for certain illnesses including winter-related illnesses. Your doctor will be able to advise you which immunisations your child may need.

