

## Do I need to give any additional medicines?

If may not always be necessary to use additional medicines, however if they are distressed or very unwell, you can give them paracetamol (Calpol).

## When should I seek further help or advice?

If your child has any of the following symptoms:

- Further breathing changes
- Breathing becomes worse in-between inhaler doses
- Lips become pale or blue
- Coughing gets worse
- Is too tired to take feeds
- Becomes drowsy or very sleepy

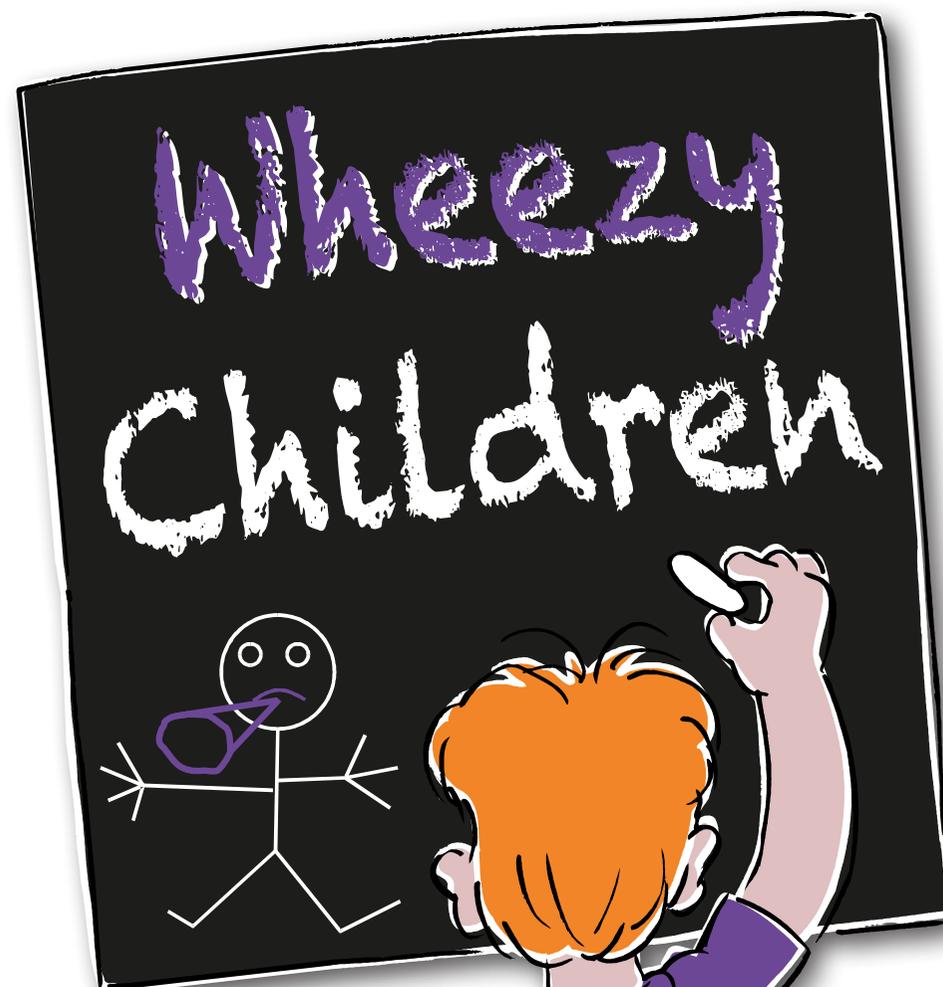
If any of these symptoms occur or you are concerned your child is not improving contact you're GP or if your child has been referred to your Children's Community Nursing Team you can contact them on:

**0161 331 5251**

Guidance taken from Feverish Illness in Children (NICE, 2007)

The information in this leaflet is available on request in larger font, audio cassette, other languages, braille, pc disc and type talk service.

Please phone **0161 304 5856** for more information.



## What is a wheeze?

This leaflet only gives general information. You must always discuss the individual treatment of your child/baby with an appropriate health care professional. **DO NOT** rely on this leaflet alone for information about your child's condition or treatment.

Your child has been diagnosed with a viral-induced wheeze. A wheeze is the sound caused by narrowing and inflammation of the airways. Airways are the tiny tubes that carry air in and out of the lungs.

## Signs and Symptoms

- Shortness of breath
- A cough
- An increased effort with breathing and/or fast breathing
- Breathing differently for example using their tummy muscles, or shoulders, or **"sucking in"** of the lower neck



## What can make a wheeze worse?

The airways can be sensitive to lots of different things:

- ✓ Cigarette smoke
- ✓ Weather changes
- ✓ Exercise and excitement
- ✓ Catching other illnesses such as common colds

## Medication

An inhaler may be prescribed for your child, because this will enable the medication to go straight to the lungs. The choice of inhaler used will depend on your child's age, their ability to use it, the treatment required and personal preference.

A device will be provided to enable the inhaler(s) to be used correctly.

The inhaler will work quickly to relax the muscles around the airways, making it easier to breathe.

A short course of oral (prednisolone) steroids may be prescribed for your child and should be taken as prescribed. If you have any queries or concerns on how to take them please contact your GP, pharmacist, or Children's Community Nursing Team. Continue to give medication and/or inhalers as prescribed and planned.