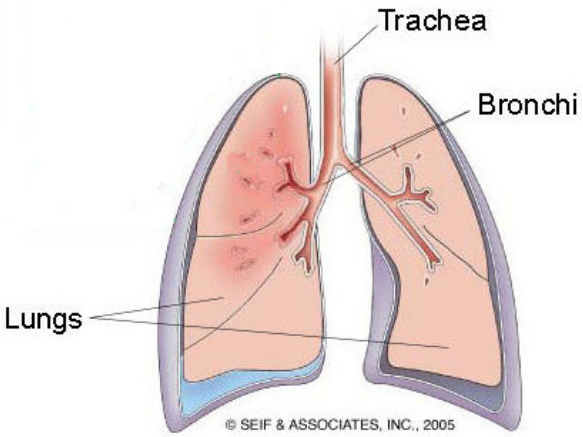
Acute Bronchitis

Bronchitis is a problem of the air tubes leading to your lungs. Acute means the illness started quickly. In this condition, the lining of those tubes becomes puffy (*swollen*) and can leak fluid. This makes it harder for air to get in and out of your lungs. You may cough a lot. This is because the air tubes are narrow. Bronchitis is most often caused by a virus. Medicines that kill germs (*antibiotics*) may be needed with germ (*bacteria*) infections for people who:

- Smoke.
- Have lasting (*chronic*) lung problems.
- Are elderly.



HOME CARE

- Rest.
- Drink enough water and fluids to keep the pee clear or pale yellow.
- Only take medicine as told by your doctor.
- Medicines may be prescribed that will open up the airways. This will help make breathing easier.
- Bronchitis usually gets better on its own in a few days.

Recovery from some problems (*symptoms*) of bronchitis may be slow. You should start feeling a little better after 2 to 3 days. Coughing may last for 3 to 4 weeks.

GET HELP RIGHT AWAY IF:

- You or your child has a temperature by mouth above 102° F (38.9° C), not controlled by medicine.
- Chills or chest pain develops.
- You or your child develops very bad shortness of breath.
- There is bloody saliva mixed with mucus (*sputum*).
- You or your child throws up (*vomits*) often, loses too much fluid (*dehydration*), feels faint, or has a very bad headache.
- You or your child does not improve after 1 week of treatment.

MAKE SURE YOU:

- Understand these instructions.
- Will watch this condition.
- Will get help right away if you or your child is not doing well or gets worse.

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