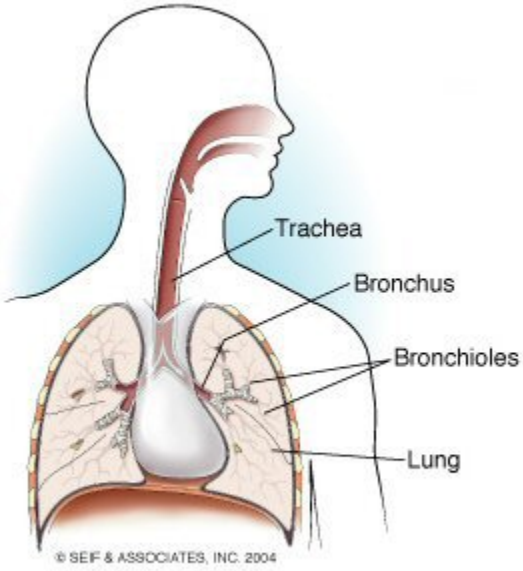
Bronchitis

Bronchitis is a problem of the air tubes leading to your lungs. This problem makes it hard for air to get in and out of the lungs. You may cough a lot because your air tubes are narrow. Going without care can cause lasting (*chronic*) bronchitis.



HOME CARE

- Drink enough water and fluids to keep the pee clear or pale yellow.
- Use a cool mist humidifier.
- If you smoke, quit smoking. If you keep smoking, the bronchitis might not get better.
- Take medicine as told by your doctor.

CAUSES

- Viral infections.
- Germ (*bacterial*) infections.
- Things that cause allergic reactions or allergies (*allergens*).
- Pollutants.
- Dust and mold.
- Smoking.
- Toxic chemicals.

GET HELP IF:

- Coughing keeps you or your child awake.
- You or your child has a temperature by mouth above 102° F (38.9° C).
- Your baby is older than 3 months with a rectal temperature of 100.5º F (38.1° C) or higher for more than 1 day.
- You or your child is wheezing.

GET HELP RIGHT AWAY IF:

- You or your child becomes more sick or weak.
- You or your child has a harder time breathing, starts wheezing, or gets short of breath.
- You or your child coughs up blood.
- Coughing lasts more than 2 weeks.
- You or your child has a temperature by mouth above 102° F (38.9° C), not controlled by medicine.
- Your baby is older than 3 months with a rectal temperature of 102º F (38.9º C) or higher.
- **Your baby is 3 months old or younger with a rectal temperature of 100.4º F (38º C) or higher.**

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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