**ACUTE BRONCHITIS**

Acute bronchitis is very common. 90% are caused by a viral lung infection. 10% are caused by a bacterial lung infection. The coughing that occurs with acute bronchitis is to be expected and in most cases, coughing is encouraged to get rid of the excess mucus.

**Symptoms of Bronchitis**

* A cough that is frequent and produces mucous
* Lack of energy
* A wheezing sound when breathing (which may only be heard with a stethoscope)
* Fever (may or may not have this symptom)

**Call for an appointment to see a medical provider if you have any of these symptoms:**

* A chest cold that lasts more than 2 weeks
* A fever greater than 102 F
* A cough that produces blood
* Shortness of breath or wheezing

**Treatment for Bronchitis at home**

* Drink fluids every 1 to 2 hours
* Avoid smoke or fumes (pollution)
* If you have body aches, take Acetaminophen or Ibuprofen as directed (make sure you have talked to the medical provider and taking aspirin or acetaminophen is not contraindicated)
* Take the medications as prescribed by your medical provider
* Get plenty of rest
* If a cough suppressant with an expectorant is ordered, this is to help loosen the mucus so it can be more easily coughed up.

**Precautions to use to avoid getting Bronchitis**

* Don’t smoke
* Don’t allow others to smoke in your home
* Stay away from or decrease your time around things that irritate your nose, throat and lungs, such as dust and pets
* If you catch a cold, get plenty of rest
* Take your medicine exactly the way your medical provider instructs you
* Eat a healthy diet
* Wash your hands often
* Do not share food, cups, glasses or eating utensils

*Reference: (2010) http://www.emedicinehealth.com/bronchitis/article\_em.htm*