

Viral Induced Wheeze in Children

Patient information

You have been given this information leaflet because your child has been diagnosed with a viral induced wheeze.

Wheezing is a whistling sound that occurs during breathing when the airways are narrowed, it is more frequent when breathing out. Wheeze in babies and young children is a common symptom of a viral infection. Some children wheeze on and off in their early childhood during viral infections.

It does not mean your child has asthma. They may have frequent episodes and never develop asthma.

As your child has been diagnosed with a viral illness they may also suffer from the following:

- Runny nose
- Temperatures
- Vomiting
- Diarrhoea
- Cough and breathlessness

Treating viral induced wheeze

No specific treatment exists. You may be provided with an inhaler, but this does not always work.

You should care for your child by:

- Ensuring they drink plenty of fluids.
- If breast fed, continue to do so.
- If your child is coughing and vomiting, then give smaller feeds more frequently.
- If your child has a temperature or sore throat, you can give paracetamol. Please check the medication label prior to giving to your child.
- Not smoking near the child as this may irritate the lungs further and exacerbate the illness.

The cold-like symptoms may normally last 3-4 days. Your child may suffer with a cough and wheeze for up to 2 weeks.

Emergency Department
and Minor Injury Unit



Seek immediate medical advice if any of the following occur:

- Severe breathing difficulties.
- Blue skin or lips.
- Unusually sleepy.
- Unable to take oral fluids due to vomiting or difficulty in breathing.
- Your child has not drunk anything all day or not passed urine.

Further Information

For further advice and information about your condition:

Please choose from the following:

- 'NHS Patient Choices' website: www.nhs.uk
- 'Making Lives Better' patient website: www.patient.info
- Telephone NHS 111
- Contact your General Practitioner

Contact details:

- The James Cook University Hospital: 01642 850850
Marton Road, Middlesbrough, TS4 3BW
 - The Friarage: 01609 779911
Northallerton, North Yorkshire, DL6 1JG
- Redcar Primary Care Hospital: 01642 511000
West Dyke Road, Redcar, TS10 4NW

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