

# ACUTE BRONCHITIS

Bronchitis is an infection of the airways in the lungs, most commonly caused by a virus.



## What does it feel like?

You will have a **cough** which may be associated with clear, yellow or green phlegm, **noisy breathing**, **blocked nose**, **sore throat**, **mild headache**, and **fever**.



## What can I do to feel better?

Bronchitis usually gets better on its own. **Paracetamol** and **ibuprofen**, **warm drinks**, **honey**, **cough lozenges** and **inhaling steam** from the shower may help ease your symptoms. Avoid anything that irritates the airways, such as cigarette smoke.



## Will antibiotics help?

**Antibiotics are not usually needed.** Taking antibiotics when you don't need them can reduce how well they work if you do need them in the future.



## What can I do to stop it spreading?

Infections can spread to others when you cough, sneeze or blow your nose. **Cover your mouth with your elbow when you cough or sneeze**, **wash your hands regularly**, **dispose of tissues after use** and **stay away from crowded places while unwell**.



## Do I need to see a doctor?

Not usually. The cough normally takes 2 to 3 weeks to go away. If your symptoms last longer or if you have **trouble breathing**, you are **feeling worse**, you have **other medical conditions such as emphysema**, or you are concerned, see your doctor.