

Keeping your premature baby well after going home

A Guide to Chest Infections



1 Why can infections matter more after premature birth?



Babies born early have developing lungs and immune systems.

Bronchiolitis is a viral infection of the small airways.

2 Reduce the risk of infection



- Wash hands before touching your baby



- Ask unwell visitors to wait until they are better



- Keep your baby's home and car smoke-free



- Keep routine immunisations up to date



- Breast milk, where possible, provides helpful antibodies

♥ You do not need to isolate your baby completely.

3 Protection against RSV



- ✓ Maternal RSV vaccination during pregnancy helps pass antibodies to the baby
- ✓ Some very premature or high-risk babies may be offered a long-acting RSV monoclonal antibody
- ✓ Ask your healthcare team what protection applies to your baby

4 If your baby has a cough or cold



- Offer usual milk — smaller, more frequent feeds may help
- Saline nose drops may help a blocked nose
- Check breathing, feeding, alertness and wet nappies
- If your baby is under 3 months and has a temperature of 38°C or higher, get urgent medical advice

5 When should I get help?



GREEN

Usually manage at home: comfortable, breathing normally for them, feeding reasonably, alert, usual wet nappies.



AMBER

Seek medical advice today: breathing becoming harder or faster, feeding much less, fewer wet nappies, unusually sleepy or irritable, symptoms worsening, or you are worried.



RED

Urgent / emergency help: pauses in breathing, blue or grey lips or skin, severe breathing difficulty, floppy, exhausted or difficult to wake.

6 Where to get help



- Neonatal or community neonatal team



- GP



- NHS 111 for urgent advice



- 999 / emergency care for emergency warning signs



Developed by the
BALLOON team



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This poster gives general information and does not replace individual medical advice.