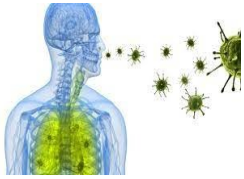


# Acute Bronchitis



Acute bronchitis, also known as a chest cold, is an inflammation of the bronchial tubes, the airways that carry oxygen to your lungs. This produces a cough that frequently causes mucus. It also causes shortness of breath, panting and pressure in the chest. Most of these cases improve within a few days, but the cough can last several weeks.

## What causes acute bronchitis?

Acute bronchitis is usually caused by a virus. However, there are other factors that can also cause this disease such as dust, gases, bacteria, air pollution and exposure to cigarette smoke.

## What are the symptoms?

- Chest pain
- Tiredness (fatigue)
- Mild headache
- Cough with or without mucus
- Mild body aches
- Sore throat



## Seek medical attention if:

It presents symptoms such as coughing with mucus and blood. The symptoms last more than 3 weeks; a temperature of 38°C or higher, shortness of breath or difficulty breathing, among others.

## How is acute bronchitis diagnosed?

- Evaluation of your history.
- A physical exam.
- Other tests.



## How is acute bronchitis treated?

It usually goes away on its own, without treatment. In addition, you can follow certain measures at home to feel better; for example, rest, drink fluids, use over the counter (OTC) medications, inhaled medications (albuterol), among others.

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## What care can you take to feel better?

- Use a room humidifier.
- Consume cough drops or hard candies to soothe your throat.

## How to prevent the risk of getting acute bronchitis?

You can prevent acute bronchitis by taking the following measures: washing your hands frequently, getting vaccinated against influenza, avoiding smoking and passive smoke (someone else's cigarette smoke), avoiding fumes (gases) and air pollution, covering the nose and mouth when coughing or sneezing, among others.



## Social and Emotional Aspect

For recommendations, tools and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your treatment, please visit your primary doctor or contact the following telephone lines:

**Medical Advice Line** 1-844-347-7801  
**TTY/TDD** 1-844-347-7804  
**APS Health** 787-641-9133

## References:

- <https://www.nhlbi.nih.gov/es/salud/bronquitis#%C2%BFQu%C3%A9-es-la-bronquitis?>
- <https://medlineplus.gov/spanish/acutebronchitis.html> 2022
- <https://www.cdc.gov/antibiotic-use/sp/bronchitis.html> 2022