Acute Bronchitis

Acute bronchitis is an inflammation of the bronchial tubes, the airways that carry oxygen to your lungs. Bronchitis is usually brought on by a cold or other respiratory infection. In addition, it produces a cough that is often mucous. It usually begins suddenly and is usually of short duration.

What causes acute bronchitis?

The cause of acute bronchitis is a virus. It mostly affects the nose, sinuses, and throat. It then spreads to the airways leading to the lungs.

What are the symptoms?

- Chest discomfort
- Fatigue
- Mild headache and body pain
- Sore throat
- Light fever and chills

Seek medical attention if:

It presents symptoms such as coughing up blood, fever for 3 days or more, difficulty breathing, thick, greenish phlegm, among others.

How is acute bronchitis diagnosed?

- **Chest x-ray** – helps identify if you have pneumonia.
- **Physical examination** – to listen to the lungs during breathing
- **Pulse oximetry** measures the amount of oxygen in the blood.

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, resting, drinking fluids, using over the counter (OTC) medications, inhaled medications (albuterol), among others.

What care can you take to feel better?

- Use a room humidifier.
- Cover your face in cold weather.

How do you prevent the risk of contracting acute bronchitis?

You can prevent acute bronchitis by taking the following measures, such as washing your hands frequently, getting vaccinated against influenza, avoiding contact with people who have symptoms of viral infection, and wearing an appropriate mask, 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 care physician 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.mayoclinic.org/es/diseases-conditions/bronchitis/symptoms-causes/syc-20355566
https://medlineplus.gov/spanish/ency/article/001087.htm