

How long is Bronchitis Contagious? Get Rid from the Anxiety of Contagiousness Brought By Bronchitis

Bronchitis is the swelling of the bronchial tubes, otherwise known as the airways. These airways are the windpipes that directly connect to the lungs.

Bronchitis happens when there is an irritation that occurs in the bronchial tubes. Next to the irritation, the formation of thick mucus will soon follow. Hence, the air passage will be blocked by the mucus, leading to difficulty in breathing.

Bronchitis can be identified into two types: acute and chronic.

The acute bronchitis is normally an illness that lasts for a short period of time. Usually, this is caused by severe cold. But most often, this is triggered by the viral infections.

Acute bronchitis is characterized by the pain in the middle of the chest, cough that comes with green sputum. Fever might also happen, and a slight difficulty in breathing might also occur.

The Chronic bronchitis on the other hand is identified with a cough that produces mucus. And this lasts for longer period of time as compared to the acute bronchitis.

The sufferers of bronchitis are also identified to suffer from different level of breathing difficulty. These sufferers may also have the possibility to attain lung infections sometimes. Hence, the breathing difficulty is worsen.

There are certain occasions where chronic bronchitis is termed as "chronic obstructive lung disease" and "chronic obstructive airways disease." From the terms themselves, the problem can already be identified—difficulty in air circulation that goes in and out of the lungs.

Now, the question comes, is bronchitis contagious?

The answer is yes. Bronchitis is extremely contagious. The virus can be transmitted by the means of cough, sneeze, and yes, even by simply touching the things that has been touched by the person infected.

Bronchitis, basically, is the swelling of the bronchia, thus, it is not

contagious. However, as the bacteria starts to form, the disease then is contagious the moment the bacteria was emitted into the air.

In fact, there are already several affected people who confessed that they had the disease when they had a close contact with the infected person.

Now, the question is how long is bronchitis contagious?

According to the medical experts, the length of time of the disease contagiousness actually depends on the cause and type of the person's bronchitis.

For a person who suffers from bronchitis, it is suggested for him to visit and consult to a medical specialist of respiratory and pulmonary to assure whether he is already contagious and until when will it last.

It is advisable for the infected person to consult to a medical specialist when bronchitis tends to occur, if not, it may possibly lead to pneumonia.

Both the acute and chronic bronchitis have the threat to become contagious.

Even the healthy person is not safe from the attacks of acute bronchitis. This is because of the viral infection. These viral infections can be transmitted from one person to other through indirect and direct contact.

However, the spread of bronchitis can still be avoided. The affected person only needs to maintain a healthy hygiene by regularly washing his hands and by using hand sanitizers afterwards.

Most importantly, the affected person should cover his mouth whenever he is coughing. Hence, the possibility of transmitting the disease is reduced.

People who suffer from asthma may also develop an acute bronchitis. Such circumstance reduces the risk of acute bronchitis to be contagious. It is the effect whenever the acute bronchitis acts as a complication of a certain disease.

To totally eliminate the risk of spreading the disease, it is best to cure it. Antibiotic are not regarded as an effective way to treat acute bronchitis. This is because bronchitis is caused by viral infection.

Only an ample amount of rest, an extra liquids intake, and a non-prescription medicine for cough are the suggested effective treatment for acute bronchitis.

The antibiotic are only prescribe by the doctors whenever there is the presence of bacterial infection. Antibiotic will then serve to lessen the risk of secondary infection.

For the asthmatics, the doctor may recommend a medication for asthma, most likely an inhaler. These medications will widen the contracted lung airways.