

- You can hear noises when your child is breathing both in and out
- Your child becomes blue or white around the lips
- Your child has trouble swallowing or is drooling from the mouth

Can I prevent my child from getting croup?

There is no way to stop your child from getting croup, but good hand washing can reduce the spread of the viruses that cause croup

This leaflet is for information only and should be used to support the information given to you by your doctor or nurse

References

<http://www.nhs.uk/conditions/croup/pages/introduction.aspx>
netdoctor.co.uk/diseases/facts/pseudocroup.htm
NICE clinical knowledge summaries croup 2012

Comments, compliments, concerns or complaints

South Tees Hospitals NHS Foundation Trust is concerned about the quality of care you receive and strives to maintain high standards of health care.

However we do appreciate that there may be an occasion where you, or your family, feel dissatisfied with the standard of service you receive. Please do not hesitate to tell us about your concerns as this helps us to learn from your experience and to improve services for future patients.

Patient Advice and Liaison Service (PALS)

This service aims to advise and support patients, families and carers and help sort out problems quickly on your behalf.

This service is available, and based, at The James Cook University Hospital but also covers the Friarage Hospital in Northallerton, our community hospitals and community health services. Please ask a member of staff for further information.

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Croup

Patient information



Women and
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What is croup?

Croup is a viral infection that causes the upper airways and vocal cords to swell. It usually affects children between the age of six months and six years but can sometimes occur in older children.

Croup usually lasts for between three and seven days but can last longer in some children.

Symptoms are often worse at night or when your child is upset.

Most children with croup can be safely nursed at home by their parents/carers. However some children do need to be admitted to hospital.

What are the symptoms?

Croup is characterised by:

- Barking cough which sounds like a seal or dog
- Harsh crowing sounds when breathing this is called a stridor
- Hoarse voice, sore throat
- Raised temperature
- Faster breathing rate.

What medical treatment can help my child?

- The most effective treatment for croup is dexamethasone; this is a type of steroid which is given usually as a single dose in tablet or liquid form by mouth. Some children may require a second dose. Dexamethasone works by reducing the swelling in the airways making it easier for your child to breathe. Dexamethasone usually starts to work in two to three hours and its effects can last for two to three days.
- Paracetamol and/or ibuprofen can be given to help relieve pain and to help to reduce your child's temperature. Always follow the instructions on the label carefully
- Croup is caused by a virus therefore antibiotics will not be given as they will not help.

What can I do to make my child more comfortable?

- Croup can be frightening for both you and your child try to stay calm and reassure your child. If your child becomes distressed this can make their symptoms worse.
- Keep your child in as comfortable a position as possible he/she will usually find the most comfortable position themselves. They may be happier in

an sitting position or nursed on your shoulder if they are a baby

- Encourage your child to drink plenty of juice/water
- If your child wants to eat you can encourage this however they may find it difficult to swallow due to the sore throat
- Encourage your child to rest and try to disturb them as little as possible, crying can make the symptoms of croup worse
- If your child has a temperature or sore throat you can give paracetamol and/or ibuprofen always follow the instructions on the label
- Do not smoke near your child as this can make their symptoms worse

How can I be sure my child is ok?

- Croup is a 'noisy' disease you can keep a check on your child by making sure you are always within hearing distance of them
- Every now and then look at how your child is breathing, contact your doctor or Paediatric Day Unit if:
 - your child is becoming more breathless
 - You can see the skin pulling in underneath or between the ribs with each breath