

Further information can be obtained from:

NHS111	Dial 111
Or Contact your GP	
Bluebell Ward, Lister Hospital, Stevenage	01438 284008
Children's A&E, Lister	01438 284333
QEII Urgent Care Centre, Welwyn Garden City	01707 247549
Lister Community Children's Nurses	01438 284012
QEII Community Children's Nurses	01438 288370
Patient Advice and Liaison Service	01438 285811

Croup

Child Health

Patient Information Leaflet

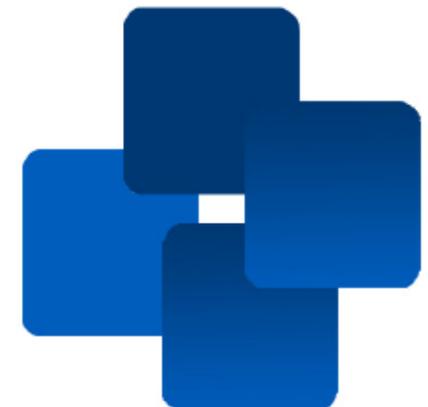


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Introduction

The purpose of this leaflet is to help you understand the symptoms and management of Croup.

What is Croup?

Croup is a respiratory condition that is quite common in early childhood.

Symptoms of Croup

- Snuffly / runny nose
- Mild fever
- Sore throat, hoarse voice
- Swelling
- Barking cough
- General aches and pains
- Decreased appetite
- Stridor – rasping sound, shortness of breath

Symptoms of more severe cases (in addition to the above)

- Agitation
- In-drawing of muscles between ribs
- Dusky lips
- High fever

Medical attention should be obtained - contact your GP or your nearest Emergency Department.

What causes Croup?

- Para influenza virus
- Allergies
- Inhaled foreign body

Croup is highly contagious in cases of viral infection.

Prevention

Unfortunately, due to the nature of the virus it is difficult to prevent Croup. However, good hand hygiene is always important to prevent further spreading of the virus.

Treatments

In the majority of cases, the child can be managed at home. It is important to calm and reassure your child.

- Sitting your child up will help with breathing.
- Paracetamol can be given as per instructions for fever.
- Your child should be kept well hydrated (with cool fluids) at all times.
- Avoid heavy meals.
- Antibiotics and cough mixtures do not tend to make any difference.

In severe cases, medical attention may be required.

In such cases, steroids and nebulisers are often given to relieve symptoms (see symptoms of more severe cases).