

Patient Information

Croup

Children's Services



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).

Further information

NHS 111

☎ 111

or Contact your GP

NHS website - www.nhs.uk

Useful Telephone Numbers

Bluebell Ward, Lister Hospital
Stevenage

☎ 01438 284008

Children's Emergency Department
Lister Hospital

☎ 01438 284333

Urgent Care Centre, New QEII
Welwyn Garden City

☎ 01707 247549

Community Children's Nursing Team

☎ 01438 288370