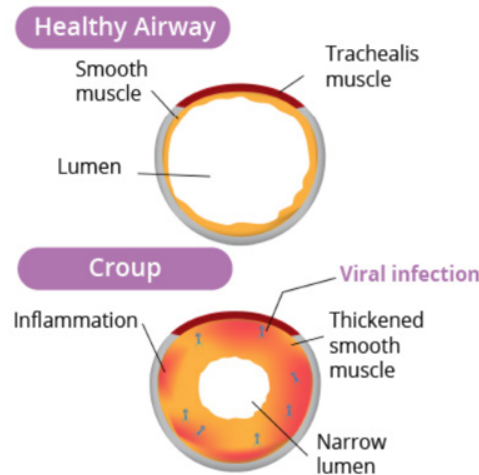


## How to Care for Your Child with Croup

This leaflet will provide you with information about Croup symptoms, diagnosis, treatment, and prevention.



### What is Croup?

Croup is a common inflammatory condition in children that affects the larynx (voice box) and the trachea (windpipe). The most common cause is viruses. Croup commonly occurs during the winter and – but not exclusively- affects children between the age of 6 months to 6 years.

### What are the symptoms of Croup?

- Barking cough.
- Raspy voice.
- A high-pitched noise when the child breaths (Also called stridor)
- Fever.
- Runny nose.
- Rash.
- Red eyes.

**Symptoms are usually mild and last for less than a week.**

### How is Croup diagnosed?

The doctor will ask you a few questions about your child's health then examine your child. Blood test and x-ray are normally not required.

## How is Croup treated?

**Supportive treatment is very important in treating Croup, please follow the below instructions:**

- Keep your child calm; crying can make Croup worse.
- Make sure your child drinks plenty of fluids.
- Make sure your child gets appropriate rest.

**If your doctor advises giving medicine for pain and fever, you can give:**

- Paracetamol (or any other brand).
- Ibuprofen (or any other brand).
- Follow the instruction on the medicine package for the correct dose for your child.

## How is Croup prevented?

**There is no specific way to prevent Croup, but hand washing and hand hygiene are necessary for preventing the spread of infection.**

- Ensure your child cover his/her mouth and nose when coughing or sneezing; use a tissue and dispose of immediately.
- If no tissues available, sneezing/coughing into the sleeve of one's clothing (at the inner elbow).
- Encourage your child to wash hands with water and soap after coughing, sneezing or blowing his/her nose.
- Use alcohol-based hand rubs if water and soap is not available.

## Home care advice

- o Do not give Aspirin to your child as this can cause a serious complication.
- o Don't expose your child to smoking, as this can make Croup worse.
- o Children with Croup can spread the infection three days after the illness begins or until the fever is gone.

## When should I seek medical advice?

**Seek medical care if your child:**

- Has fever for more than three days (higher than 101°F or 38.3°C).

- Not getting better despite home care advice.
- Has symptoms of Croup for more than seven days.
- Appears dry and less energetic.
- Has no tears when crying.
- Cannot drink or eat.
- Has muffled voice (Not clear voice).

**Go to the Emergency Department if your child:**

- Has swelling in his/her neck or stiffness.
- Is drooling excessively.
- Has difficulty opening the mouth.
- Has difficulty in breathing or stridor.
- Is pulling up his neck and chest muscles when breathing.

**When to call 999?**

Call 999 if your child is struggling to breathe or starts to turn blue.