




## Croup advice leaflet for parents and carers

Croup is an infection (caused by a virus), which causes swelling of the voice box (larynx) and windpipe (trachea). This swelling makes the airway narrower, so it's harder to breathe.

### Care at home

Try and keep your child calm. Breathing is often more difficult when your child is upset. Encourage your child to drink plenty of fluids offering them small amounts often. If your child has a fever and is irritable you may give Paracetamol and follow the manufacturer's instructions regarding dosage. Most children can be managed at home and do not need a hospital admission. Sometimes your doctor will prescribe steroids (dexamethasone) taken by mouth for Croup.

### Symptoms to look out for

<p><b>Mild Symptoms</b></p> 	<p>If your child:</p> <ul style="list-style-type: none"> <li>Is alert and playful.</li> <li>Has a runny nose.</li> <li>Has a harsh barking cough.</li> <li>Has a squeaky noise when breathing in (stridor) only when upset or excited.</li> </ul>	<p>Keep your child calm. Encourage them to drink.</p>
<p><b>Moderate Symptoms</b></p> 	<p>Voice or cry may be hoarse.</p> <ul style="list-style-type: none"> <li>Has noisy breathing, a squeaky noise when breathing in (stridor).</li> <li>Has a harsh barking cough, worse at night.</li> </ul>	<p>Speak to your GP the same day for advice. If your surgery is not open then ring 111 for advice. Keep your child calm encourage them to drink.</p>
<p><b>Severe Symptoms</b></p> 	<p><b>Breathing very fast (they're too breathless to feed or talk).</b></p> <p><b>Is distressed or agitated.</b></p> <p><b>Is abnormally sleepy.</b></p> <p><b>Has dark, blue tinged or pale skin.</b></p>	<p><b>Attend the Emergency Department immediately, contact 999</b></p>

### Additional advice

- The symptoms are often worse at night and reach their worst usually on the 2nd or 3rd night from the onset.
- Croup can get worse quickly. If your child is having problems breathing you should attend the Emergency Department immediately.
- Antibiotics do not work on viruses and are not given for Croup.
- The cough often lasts for a few weeks after the infection.

## **For further advice - contact details**

We use Next Generation Text for people with hearing difficulties.

**To contact us ring 18001 01274 364012 (24 hours)**

**For further advice or if you are concerned call NHS 111**

If you need this information in another format or language, please ask a member of staff to arrange this for you.

## **Smoking**

Bradford Teaching Hospitals NHS Foundation Trust is a smoke-free organisation. You are not permitted to smoke or use e-cigarettes in any of the hospital buildings or grounds.