

Croup

Croup is an infection of the larynx (voice box). It causes swelling and irritation in the throat area.

Croup usually happens in children from 3 months to 3 years old. It often happens when a child has a cold.

Croup usually lasts for up to 5 days and gets worse at night.

As croup is caused by a virus, antibiotics will not help. Cold humid air is the best treatment.

What are the symptoms?

- › Hoarseness (rough voice)
- › Noisy breathing when breathing in
- › Heavy movement of the chest wall
- › Cold or upper respiratory infection
- › Cough that sounds like a bark

How can I help my child?

- Try to keep your child calm.
- Give them small sips of fluid often.
- If their breathing is noisy, dress them in warm clothes and take them outside into cold air for 10 to 15 minutes, if possible.
- If you can't go outside, take them into the bathroom, close the door, and turn on the hot water in the sink, shower, or bathtub so the room gets steamy.
- Use a cool mist vaporizer in their bedroom and/or open their bedroom window about 1 inch.
- If they have a fever, give them the recommended amount of acetaminophen (Tylenol[®], Tempra[®]) or ibuprofen (Advil[®], Motrin[®]). Read the package to check how much medication your child should have based on their age or weight.

Go to the nearest Emergency Department or call 911 if your child:

- › suddenly has a hard time breathing.
- › is restless.
- › will not lie down.
- › is leaning forward to breathe.
- › will not swallow.
- › complains of a very bad sore throat.
- › drools a lot more than usual.
- › has heavy movements of the chest wall and cannot get enough air.
- › has gray or bluish lips.
- › has a fever (over 38° C/100.4° F).

Looking for more health information?

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

www.nshealth.ca

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The information is not intended to be and does not constitute health care or medical advice.
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