

You should seek medical attention when:

- Your child is struggling to breathe
- Your child has noisy breathing at rest
- Your child's breastbone sucks in when breathing in
- Your child becomes pale and drowsy
- Your child looks very sick
- You are unable to control your child's temperature
- If you are worried in any way about your child you can contact the Emergency Department on 01 4143510.

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Adapted from Croup Factsheet,
Royal Children's Hospital,
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September 2009

Patient Information Leaflet



Your Child With Croup

A guide for parents/
guardians/carers



Statement of Values

Respect - Caring - Openness
- Partnership - Teamwork
Fairness & Equality

THE ADELAIDE & MEATH
HOSPITAL, DUBLIN
INCORPORATING THE NATIONAL CHILDRENS
HOSPITAL

What is croup?

Croup is a viral infection of the throat (upper airways) usually affecting children up to 5 years of age. The virus causes the airways to swell, resulting in a barking ‘croupy’ cough and sometimes difficulties with breathing. Croup may last for 3-4 days.

Signs and symptoms

- A regular common cold often with a runny nose and cough
- A harsh, barking ‘croupy’ sounding cough
- The voice may be hoarse
- Noisy breathing when breathing in

Treatment

A mild attack of croup, when your child has a barking cough may be managed at home. If your child has a fever or is irritable you can give paracetamol (Calpol) and/or ibuprofen (Nurofen).

If your child has noisy breathing and finds it hard to breathe he/she will need to be monitored in hospital. Sometimes steroids taken by mouth or by nebuliser may need to be given to your child. The steroids help reduce the swelling in the airways and make breathing easier.

As croup is caused by a virus, antibiotics are not given because they do not treat viruses.

Specific Instructions