



## **Croup Discharge Advice Sheet**

### **What is Croup?**

Croup is an acute viral infection of the airway affecting the larynx (voice box), trachea and bronchi (large air passages into the lungs). It leads to inflammation of these air passages. The inflammation causes pain and narrowing of the airway and the narrowing causes a barking cough which is typical of croup. It can also cause a harsh sounding noise when you breathe in; this is called stridor and indicates an obstruction to the airway.

### **How is it treated?**

- Mild episodes of croup require a single steroid dose; given orally
- If your child has moderate or severe croup; they will also require a steroid dose but will also require a period of observation in hospital.

### **What can you do to help your child?**

- Be calm and reassuring as when your child cries it puts more strain on their breathing
- If your child has a fever (a high temperature) give paracetamol or ibuprofen as per instructions on the box
- Give plenty of cool drinks as tolerated
- Cool air - some people find taking a stroll outdoors beneficial
- DO NOT make your child lie down or drink fluids if they do not want to
- DO NOT USE STEAM.

### **How long does croup last?**

Usually your child will recover back to normal within 3-5 days and will not have any complications later in life.

## When to seek help

### *How is your baby/child?*

