

Croup

What is Croup?

Croup is a common viral infection of the throat, windpipe, and large airways in the chest. Croup causes a whistling noise ("stridor") with breathing and a barking cough. Croup causes swelling of the linings in the windpipe and airways

As croup is a viral infection, antibiotics do not help. In some cases your child may be prescribed a steroid medicine which will help to reduce swelling in the windpipe and airways.

Croup is worse at night and better during the day. The 2nd or 3rd night of the illness is the worst, after which children will usually quickly improve.

How long will it last?

Your child will usually recover within 5 days.

What should I do?

- Croup also causes fever and a sore throat that may prevent a child from drinking enough fluids. Give your child lots of fluids to drink.
- Paracetamol may be prescribed to be used for pain.
- Encourage your child to rest.
- The breathing difficulty may become worse when a child is upset, active or frightened. If your child is becoming distressed with difficulty breathing you should sit them on your knee, comfort, reassure them and attempt to distract them with a toy or a story.
- Keep your child home from day care, kindergarten, Kohanga Reo, school, until they feel well.

When should I seek help?

If your child is

- Breathing harder.
- Has noisy breathing when resting
- Blue around the lips.
- Very drowsy.
- You are unable to wake them.

You should call an ambulance immediately

DIAL 111 TO CALL AN AMBULANCE