**CROUP**

Croup is a common childhood illness, which is caused by a virus. Antibiotics will not help a viral infection. The virus causes swelling in the upper airways, including the larynx (voice box) and the trachea (windpipe). The swelling can cause changes in your child’s voice and make breathing difficult. This is especially likely in babies and younger children, because their airways are smaller.

Croup happens more often through the winter and early spring (October to May). It is most common in babies and children aged 1 to 4 years. Croup usually lasts for five or six days.

![Diagram

Description automatically generated]()

Fig. 1. Croup in Children. [Online Image]. (2019). Retrieved February 5, 2022 from https://www.aboutkidshealth.ca/article?contentid=17&language=english

**Symptoms of Croup:**

\*Stridor is a high-pitched noise that occurs when breathing through narrowed airways. In mild croup, your child may have stridor only when crying or coughing. If croup gets worse, your child may also have stridor when relaxed or sleeping and may have trouble breathing.

* harsh "barking" cough
* noisy breathing (stridor\*)
* trouble breathing
* hoarse voice
* mild sore throat
* runny or stuffy nose
* fever

**How can I care for my child at home?**

* Wrap your child in a blanket and bring them outside into the cool air. You can also hold your child in front of an open window or open freezer door. If your child’s breathing is still noisy and difficult after 10-15 minutes, bring your child to the hospital.
* Ensure they get plenty of rest.
* Give them plenty of fluids like breast milk, water, apple juice, popsicles, or formula.
* Treat sore throat and fever. Give your child ibuprofen (Advil®, Motrin®) or acetaminophen (Tylenol®, Tempra®) for fever or sore throat. Do not give ibuprofen to babies under six months. Do not give ASA (Aspirin®) to any child.

**See your healthcare provider if:**

* Fever lasts more than 3 days
* Cough lasts more than 1 week
* You have other concerns or questions

**Bring your child to the Emergency room or call 911 if :**

* the cool mist does not clear up the stridor in 15 minutes
* your child has repeated episodes of stridor or trouble breathing
* your child’s chest or stomach is pulling in while breathing
* your child’s lips look blue or purple
* your child starts drooling or spitting, has difficulty swallowing, or refuses to drink
* your child has neck pain or neck stiffness
* your child seems lethargic (very sleepy) or irritable (very cranky)

**We hope this information has been helpful. If you have any questions, please ask your doctor or nurse.**

**HELPFUL NUMBERS:**

**NL HealthLine: 8-1-1**

If calling from outside local area or using “Voice over Internet Protocol (VoIP)” or web-enabled telephone services like Canada VRS, Skype or Google Talk: **1-888-709-2929**

Text and Video Relay Service (VRS) lines are available for individuals who may be hard-of hearing, identify as having communication disability, or are Deaf: **1-888-834-1252**