



Croup

Patient information Leaflet

April 2020

Introduction

This leaflet aims to help you understand what croup is and how we treat and care for children with this condition.

What Is Croup?

- Croup causes swelling of the voice box and upper airway.
- It is a common illness in pre-school children.
- It is usually caused by a viral infection, so antibiotics do not usually help.
- The symptoms that you and your child may find most distressing are noisy breathing; hoarse voice and barking cough.
- Crying and becoming distressed can increase the swelling in your child's airways, making the child's symptoms worse.
- Your child may have a high temperature.
- The illness usually lasts for 2-3 days
- It is usually worse at night.
- Croup can usually be diagnosed by a GP and treated at home. However, if your child's symptoms are severe and they are finding it difficult to breathe, take them to the nearest hospital's accident and emergency (A&E) department.

What can you do to help?

1. Stay with your child; leaving them will cause distress.
2. Humid air can help your child with croup to feel more comfortable. Recommended methods include sitting in a steamy bathroom
3. Give Paracetamol, as prescribed, to relieve his/her sore throat.
4. Offer frequent drinks. Warm drinks may help to soothe the throat. Fizzy or very cold drinks may make symptoms worse.
5. **DO NOT** let anyone smoke near your child. Tobacco smoke aggravates croup.
6. Most cases of croup are mild and get better on their own, without the need for treatment. Sitting your child upright and comforting them if they are distressed is important, because crying may make symptoms worse.

When to get help

Signs that your child's condition is worsening may be:-

- Breathing becoming noisier and more difficult.
- Your child suddenly becomes quiet, begins drooling secretions from his mouth and looks very frightened.
- Your child is becoming irritable and restless.
- His/her chest is heaving as they breathe.
- If he/she becomes pale/grey or bluish in colour, dial 999 and state that your child has croup and their conditioning is worsening

Useful Contact Numbers:

- Children's Unit 0161 922 5252 (24 hrs)
- Children's Community Team 0161 922 5251 (08.00-20.00 mon-sun)
- NHS Direct 111 (24hr helpline)
- You can also contact your GP for advice.

Useful Websites/information:

- Department of Health (www.dh.gov.uk)
- NHS Choices (www.nhs.uk/conditions)
- NHS institute for innovation and improvement (www.institute.nhs.uk)
- NHS Improvement (www.improvement.nhs.uk)

If you have any questions you want to ask, you can use this space below to remind you

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

If you require an interpreter, please ask an appropriate person to contact our central booking office between Monday to Friday 8am to 5pm on 0161 922 6991 to arrange this for you.

語言 翻譯及病者支持服務 (LIPS):

如果閣下需要翻譯員在您的預約當日幫助您的話 請找一名合適的家庭成員 **0161 922 6991** 聯絡本中央預約辦事處來您您安排 我們的辦公時間是星期一至星期五 上午 8 時至下午 5 時

Językowo Tłumaczeniowa Usługa Pomocy dla Pacjenta (Language, Interpretation and Patient Support Service LIPS):

Jeśli potrzebujesz pomocy tłumacza w trakcie swojej wizyty, proszę poprosić odpowiedniego członka rodziny o skontaktowanie się z Centralnym Biurem Zamówień (Central Booking Office), w celu zorganizowania tłumacza pomiędzy poniedziałkiem a piątkiem w godzinach od 08:00 - 17:00 pod numerem **0161 922 6991**.

لینگوئج، انٹرپرائٹیشن اینڈ پیسینٹ سپورٹ سروس (Lips)

اگر آپ کو اپنی اپائنٹمنٹ کے لئے مترجم کی مدد کی ضرورت ہو تو براہ مہربانی اپنے خاندان کے کسی موزوں فرد سے کہیں کہ وہ ہمارے سنٹرل بکنگ آفس سے پیر سے جمعہ 8.00 بجے صبح سے 5.00 بجے شام کے دوران 0161 922 6991 پر فون کر کے اس کا بندوبست کریں۔

References: NHS (2017) Croup. UK

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