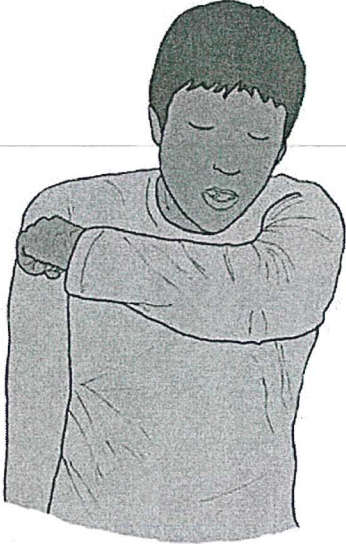


Croup, Pediatric

Croup is a condition where there is swelling in the upper airway. It causes a barking cough. Croup is usually worse at night.



HOME CARE

- Have your child drink enough fluid to keep his or her pee (*urine*) clear or light yellow. Your child is not drinking enough if he or she has:
 - A dry mouth or lips.
 - Little or no pee.
- **Do not** try to give your child fluid or foods if he or she is coughing or having trouble breathing.
- Calm your child during an attack. This will help breathing. To calm your child:
 - Stay calm.
 - Gently hold your child to your chest. Then rub your child's back.
 - Talk soothingly and calmly to your child.
- Take a walk at night if the air is cool. Dress your child warmly.
- Put a cool mist vaporizer, humidifier, or steamer in your child's room at night. **Do not** use an older hot steam vaporizer.
- Try having your child sit in a steam-filled room if a steamer is not available. To create a steam-filled room, run hot water from your shower or tub and close the bathroom door. Sit in the room with your child.
- Croup may get worse after you get home. Watch your child carefully. An adult should be with the child for the first few days of this illness.

GET HELP IF:

- Croup lasts more than 7 days.
- Your child who is older than 3 months has a fever.

GET HELP RIGHT AWAY IF:

- Your child is having trouble breathing or swallowing.
- Your child is leaning forward to breathe.
- Your child is drooling and cannot swallow.
- Your child cannot speak or cry.
- Your child's breathing is very noisy.
- Your child makes a high-pitched or whistling sound when breathing.
- Your child's skin between the ribs, on top of the chest, or on the neck is being sucked in during breathing.
- Your child's chest is being pulled in during breathing.
- Your child's lips, fingernails, or skin look blue.
- Your child who is younger than 3 months has a fever of 100°F (38°C) or higher.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your child's condition.
- Will get help right away if your child is not doing well or gets worse.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

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