

## **CROUP**

### **Definition:**

Croup is a viral illness which consists of fever, runny nose and a seal like cough. Croup is usually caused by the parainfluenza virus and commonly affects the vocal cord area and the upper respiratory tract. Children sometimes have difficulty breathing and a very “barky cough.” This usually lasts 5 to 10 days and almost always is worse in the middle of the night.

### **Treatment:**

1. Have your child drink plenty of cool fluids.
2. Use a cool mist humidifier
3. Use Tylenol to make your child more comfortable
4. For heavy, very hoarse coughing, run your shower very hot and sit outside of the shower with your child for 15 to 20 minutes. The mist from the shower is very soothing to the swollen respiratory tract.
5. Take a walk outside into the cool nigh air with your child—this method can also relieve the swelling.

### **CALL 911 IF:**

1. Your child passes out
2. Your child turns blue

### **CALL OUR OFFICE IMMEDIATELY IF:**

1. Your child appears pale, worn out or lethargic
2. Your child is having labored breathing or can’t catch his or her breath
3. Your child’s chest wall moves in with each breath (retractions)

### **CALL OUR OFFICE DURING REGULAR HOURS IF:**

1. Your child is worsening
2. You have any other questions or concerns