

CROUP

Croup is a viral respiratory illness that occurs mainly in the fall and early winter. It is caused primarily by a type of virus known as parainfluenza. Symptoms include:

- Hoarse voice
- Barking cough (sometimes described as “seal-like”)
- Congestion
- Fever
- Stridor (high-pitched noise heard when breathing in)

Expected Course:

- Fever lasts no more than 3-4 days
- Cough and congestion can persist for 7-10 days

Contagiousness:

- The virus is transmitted via respiratory droplets, including saliva and nasal congestion. This means it can be transmitted by sharing drinks, kissing, coughing without covering mouth, and by touching objects without washing hands.
- Stay home until temperature is less than 100.4 for 24 hours

Home Care:

- Nasal saline followed by thorough suction, especially before meals and bedtime
- Humidifier at night to help with cough
- Warm liquids and honey if over 1 year of age
- If your child is exhibiting stridor, make sure he/she is calm and sit in the bathroom with a steamy shower on. Please call our office.

Warning Signs

Stridor

Difficulty breathing

Droling

Fever lasting more than 4 days

If your child exhibits any of these warning signs, call our office immediately.

Medications

Tylenol every 6 hours for fever

Motrin every 6 hours for fever if over 6 months old

Over the counter cough medicines are not safe for most kids under 6 years of age and are no longer recommended

Make an appointment with our office if you believe your child has croup. Sometimes a steroid medication can be helpful for this virus.