

Croup

Croup is an upper respiratory infection that causes a “barky” cough that sounds like a seal, and high pitched breathing. It is more common in the late fall and winter months, and usually infects children younger than three years old. If the infection is mild, it can cause a hoarse voice.

Croup is caused by a virus. It causes swelling in the airway. It can be frightening. Here are a few things that can help your child be more comfortable until the illness resolves: use a cool mist humidifier in your child’s room; and steam up the bathroom and let your child breath the warm moist air for 15-20 minutes.

If your child’s breathing is noisy at rest, he/she should be seen urgently at the office or ER.

WHEN TO CALL:

- If your child is wheezing
- If your child’s symptoms are getting worse
- If your child stops eating or drinking
- If your child becomes fatigued

GO TO THE NEAREST EMERGENCY ROOM OR CALL 911 IF:

- Your child’s breathing becomes more labored, has difficulty breathing
- Your child cannot speak, is sleepy, or difficult to awaken
- Your child has bluish lips or face



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