

Following discharge from the ward if you have any concerns:

Telephone:

|                          |              |
|--------------------------|--------------|
| Safari Day Unit, Lincoln | 01522 573172 |
| Rainforest Ward, Lincoln | 01522 573786 |
| Children's Ward, Boston  | 01205 445563 |

## References

If you require a full list of references for this leaflet please email [patient.information@ulh.nhs.uk](mailto:patient.information@ulh.nhs.uk)

The Trust endeavours to ensure that the information given here is accurate and impartial.



If you require this information in another language, large print, audio (CD or tape) or braille please email the Patient Information team at [patient.information@ulh.nhs.uk](mailto:patient.information@ulh.nhs.uk)

Excellence in rural healthcare



# Croup

## Parent Discharge Advice

Children's Services

Lincoln County Hospital  
Pilgrim Hospital, Boston  
Grantham and District Hospital

[www.ulh.nhs.uk](http://www.ulh.nhs.uk)

## **Aim of the leaflet**

This leaflet aims to provide information to parents of children with croup following discharge from hospital.

Your child has been diagnosed with croup but is well enough to go home.

## **What is croup**

Croup is a common illness in children which predominately affects those aged between 3 months and 3 years of age, but can occur in children up to 6 years of age.

It is a viral infection which causes inflammation (swelling) of the voice box (larynx) and windpipe (trachea). Symptoms are often fairly mild, but sometimes become severe.

## **Symptoms**

Initial symptoms include sore throat, runny nose, high temperature and cough.

Over 1 or 2 days more specific symptoms develop including a bark like cough, a hoarse or croaky voice, difficulty in breathing, harsh grating sound when breathing in, called stridor.

Symptoms may worsen in the evening or at night.

## **Treatment**

Mild croup is mainly self limiting, but your child may be given a dose of steroid called Dexamethasone.

Antibiotics are not given for a viral illness.

## **Management at home**

Good hygiene is the main defence against croup, such as regularly washing hands and cleaning surfaces.

The majority of children take 1 to 2 days to recover from the stridor but they may continue to have a barking cough and hoarse voice for a few weeks.

Be calming and reassuring to your child. Crying can make the symptoms worse.

If your child is in discomfort with a high temperature you can give paracetamol or ibuprofen.

Give your child plenty of cool drinks.

Some people find cool fresh air is also of benefit.

### **Seek medical advice if:**

- The breathing symptoms become worse
- Your child becomes restless and agitated
- Your child looks unusually pale
- A high temperature persists despite giving paracetamol and ibuprofen

### **Call for an emergency ambulance if your child is:**

- Blue
- Unusually sleepy
- Struggling to breathe
- Drooling and unable to swallow