

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.



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# 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