

Croup is a viral infection of the voice box (larynx) and windpipe (trachea).

It usually occurs in children up to the age of 5 years, although older children sometimes get croup.

Croup lasts 3-4 days, the cough then changes to sound moist and productive of phlegm.

This cough may last for 2-weeks.

### Symptoms of Croup

- Generally begins as a cold
- Hoarse voice
- Harsh/barking cough which often begins at night
- Noisy breathing (stridor) when your child breathes in. This is from the narrowing of the larynx and trachea caused by the viral infection

### Caring for your child – what may help

- DO NOT PANIC. If your child sees that you're frightened, they too will become frightened. This will make their breathing worse
- A mild attack will often settle by comforting your child.
- Croup will often become worse at night. Your child may be more settled if someone stays with them.
- Your child may breathe more easily if they are sitting up or lying supported with 2 – 3 pillows.
- A good fluid intake helps to keep your child's secretions moist.

### What will not help your child's Croup

These treatments do not help croup:-

- Taking your child out into the cold night air
- Making their room misty (steamy)

### Seek immediate medical attention if your child

- Develops noisy breathing (stridor) when they are resting quietly
- Is struggling to breath or sucking in around the ribs
- Continues to worsen and looks sicker
- Becomes pale, restless or blue
- Refuses to drink

### Treatment during hospitalization

Your child will be monitored. This may include taking their temperature, heart and respiration rate or attaching them to a monitor (pulse oximetry) to measure the amount of oxygen in their blood.

Medicines by mouth or via a nebuliser may need be given to help reduce swelling of the airway. Your child's doctor will advise if this is necessary.

**If at any time your child is unable to breath, becomes blue or unresponsive –  
call 111 for ambulance assistance**

## Contact us

If you have any concerns or questions regarding your child following discharge from hospital, please contact your own family doctor (GP) or one of the Afterhours medical centres. If they have any concerns they will contact the hospital.

**In an emergency dial 111 for ambulance assistance.**

### Afterhours medical centres;

- **Kenepuru Hospital accident and medical.** Open 24 hours a day.  
Phone 04 918 2300
- **Paraparaumu team medical Coastlands Shopping centre.** Open 8am – 10pm daily. Phone 04 298 2228
- **Waikanae medical centre.** Open Monday – Thursday 7pm – 8am and Friday 5pm – 8pm or anytime weekends and public holidays.  
Phone 04 293 6002
- **Accident and urgent medical centre Wellington.** Open 8am – 11pm daily.  
Phone 04 384 4944

If you are unsure if your child needs to visit your GP or Afterhours medical centre you may wish to call **Health Line** for free advice. Open 24 hours a day. Phone 0800 611 116.