

Important information about croup

Visual guide



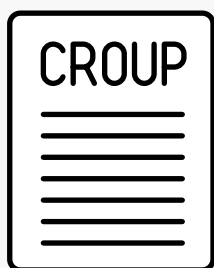
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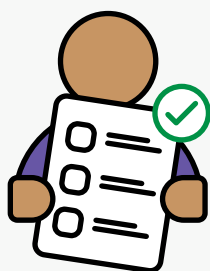
About this fact sheet



This fact sheet is from The Royal Children's Hospital Melbourne.



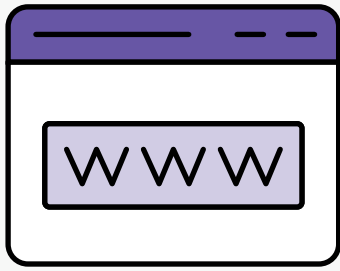
A health professional wrote this fact sheet to tell you about croup.



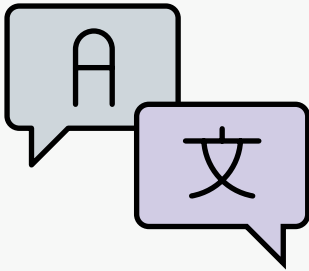
This fact sheet is a visual guide summary.



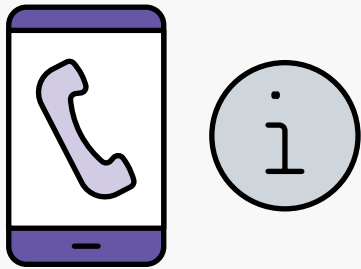
Summary means it only include the most important facts.



You can read the full version of this fact sheet on [The Royal Children's Hospital](#) website.



The website also has the full version of this fact sheet in other languages.



You can find contact information for the hospital on [page 24](#) at the end of this fact sheet.

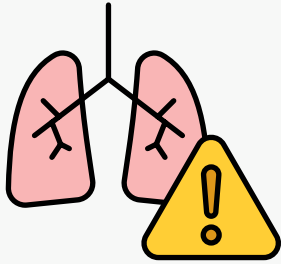
If someone's life is in danger right now



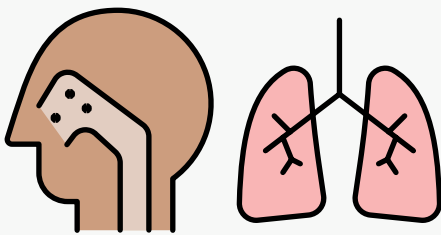
If someone's life is in danger:

- call Triple Zero, 000
- ask for an Ambulance.

About croup



Croup is an illness that affects children's upper respiratory tracts.

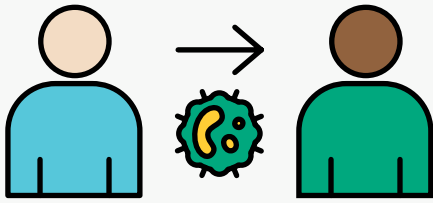


The upper respiratory tract is the airway that goes from your throat to your lungs. It includes:

- the voice box, or larynx
- the windpipe, or trachea.



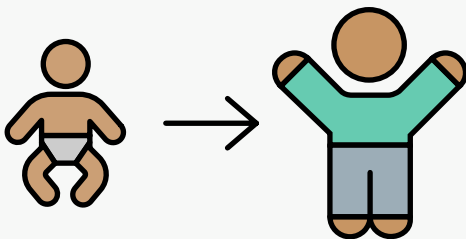
If your child gets croup, their upper respiratory tract swells up. This makes it hard to breathe.



Croup is caused by a virus that is very easy to spread from person to person.

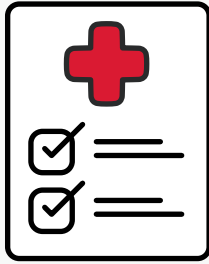


Croup lasts for 2 to 4 days.



Croup usually happens to children who are 6 months to 6 years old.

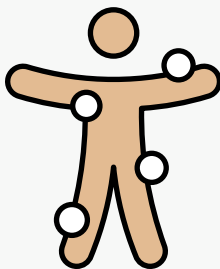
Signs and symptoms of croup



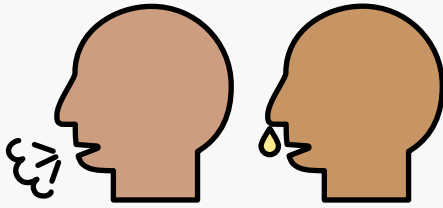
Signs and symptoms are things your body does that show you might be sick.



Signs are things your body does that you and other people can see.

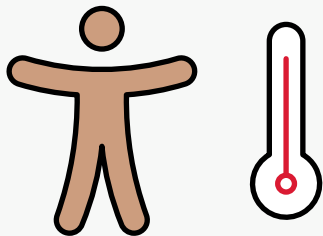


Symptoms are things you feel in your body.



Croup might start with the same signs and symptoms of a normal cold, like:

- cough
- runny nose
- fever.



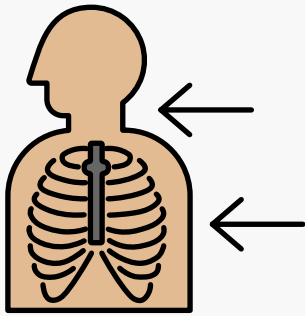
A fever is when the temperature of the body is 38 degrees celsius or more.



Croup also has signs and symptoms that are different to a cold.



Your child might have trouble breathing.



To tell if your child has trouble breathing, look at:

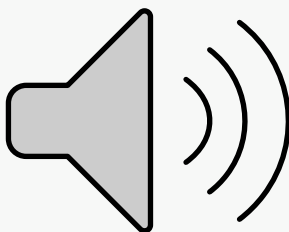
- the skin between their ribs
- the skin under their neck.



If your child's skin sucks in when they take a breath, they are having trouble breathing.

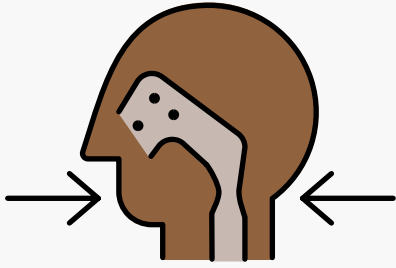


Your child might have stridor.

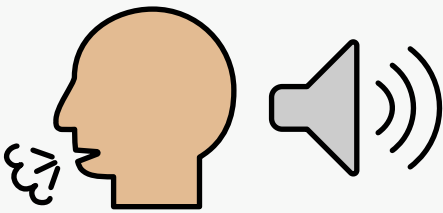


Stridor is when your child's breathing:

- is loud
- sounds squeaky or high when they breathe in.



Stridor happens because the upper respiratory tract is narrow from the swelling.

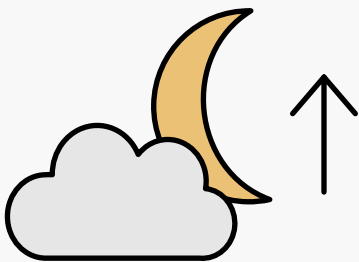


Your child might also have:

- a cough that sounds loud and deep
- a voice that sounds different, like it is harder to make sound.



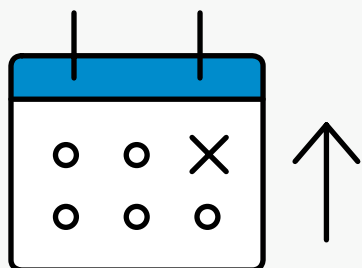
The cough can last for 1 month.



The signs and symptoms of croup can get worse at night.



The signs and symptoms
can get worse quickly.



The signs and symptoms can get
worse after 2 or 3 nights.

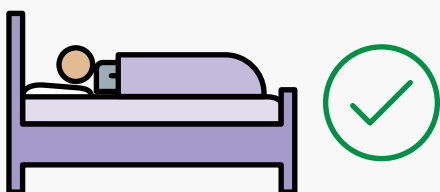
What to do if your child has croup



Your child might feel worried, scared or upset.



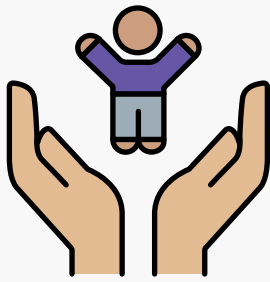
Try to keep your child calm.



Make sure your child gets a lot of rest.



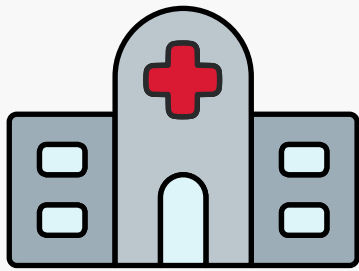
Make sure your child drinks enough water.



You should stay close to
your child so you can:

- check their signs and symptoms
- check if their croup gets worse.

When you should call an ambulance



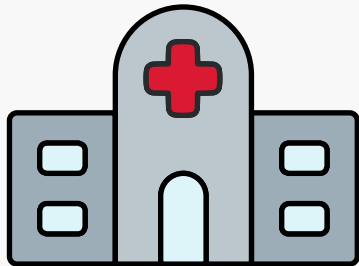
You should call an ambulance to take your child to hospital if your child:

- has stridor, or your child has trouble breathing
- has blue lips
- cannot swallow, or your child is drooling
- looks very sick, pale, and sleepy.



To get an ambulance, call Triple Zero, 000.

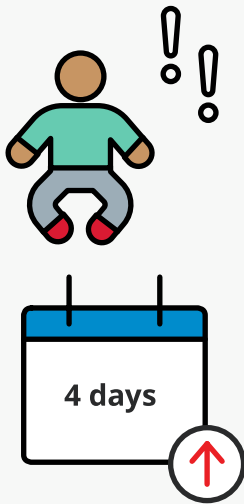
When you should take your child to hospital



You should take your child to hospital yourself if your child:

- has stridor when they are resting or calm
- has trouble breathing.

When you should take your child to a doctor



You should take your child to a doctor or other health professional if:

- they have stridor when they get stressed or upset
- their stridor lasts for more than 4 days.



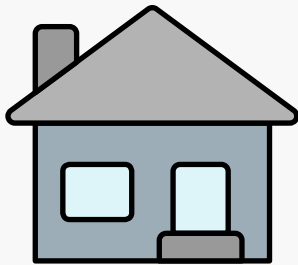
You should also take your child to a doctor if:

- their signs and symptoms get worse
- you think they might be dehydrated.

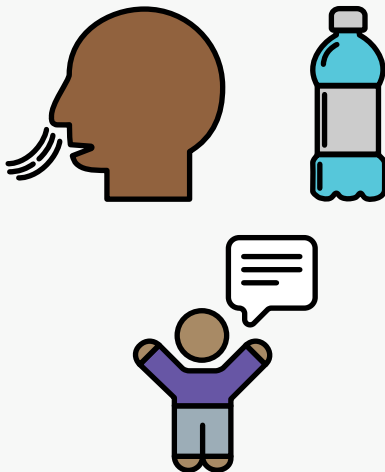


Your child might be dehydrated if they are not able to drink water, or if they have trouble drinking water.

When you can take care of your child at home



If your child does not need to go to the hospital or see a doctor, you can take care of them at home.



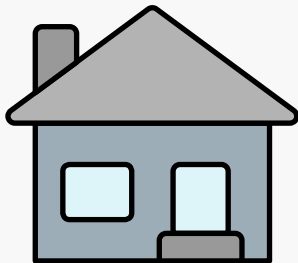
You can take care of your child at home, if:

- it is easy for your child to breathe when they are resting
- your child can drink enough water
- your child is alert, and they can talk to you easily.

How to take care of your child at home

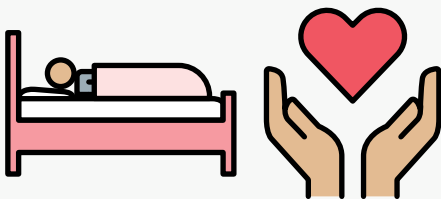


You should care for your child as though they have a cold or flu virus.



You should keep your child at home when they have symptoms like:

- fever
- runny nose
- bad cough.

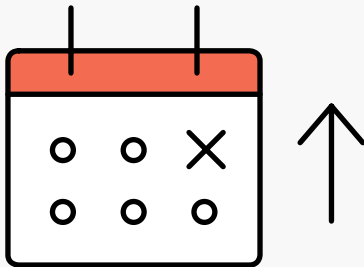


It is important that they get a lot of rest, stay calm, and drink water.



You should watch your child closely so you can:

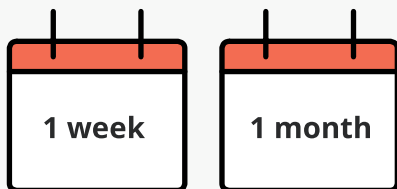
- listen to how they breathe
- see if their signs and symptoms get worse or better.



Symptoms can get worse after 2 or 3 days of having croup.

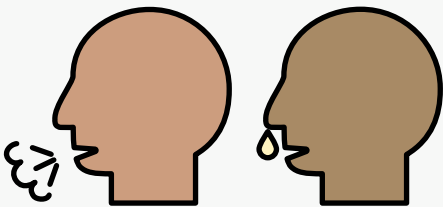


When your child's symptoms get better, they can go back to school or childcare.



Your child might have symptoms for up to one week, and the cough can last for one week to one month.

How croup spreads from person to person

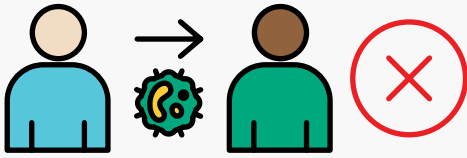


The virus that causes croup can spread when someone with croup sneezes or coughs near another person.



You should keep your child home from childcare or school if they have cold symptoms like:

- a fever
- runny nose
- cough.



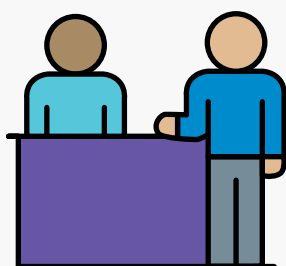
To help stop the spread of the virus, you can teach your child to have good hygiene.



Good hygiene means to be clean. For example, to:

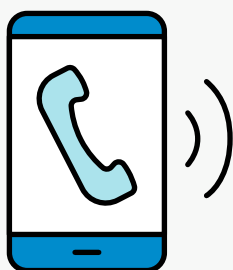
- wash your hands
- cover your mouth and nose when you cough and sneeze.

Contact information



Visit the hospital

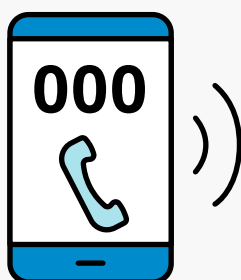
50 Flemington Road
Parkville, Victoria



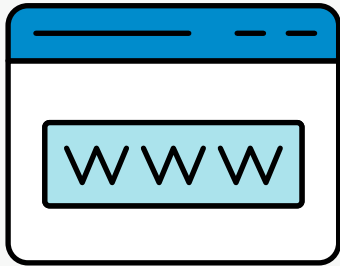
Call the hospital

+61 3 9345 5522

Do not call the hospital if it is an emergency.

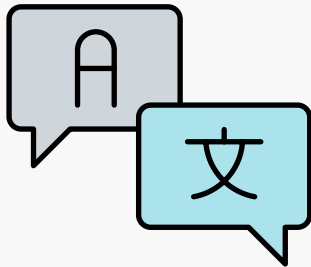


If it is an emergency, you must
call Triple Zero, 000



Visit the website

Go to [The Royal Children's Hospital website](#)



Use the Translating and Interpreting Service (TIS)

Call 131 450 and ask to speak to The Royal Children's Hospital on +61 3 9345 5522.



Use the National Relay Service (NRS)

Visit the [National Relay Service website](#)

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