

## Croup

Following your visit to the **Brisbane Northside Emergency Centre**, the doctor is happy that you are well enough to go home. This fact sheet will provide you with additional information to assist you with your recovery.

### Warning signs

Please return to **BNE** if you or your child experience any of the following:

- Difficulty breathing, struggling to breathe or fast and laboured breathing
- Drowsiness
- Changes in lip or skin colour such as a blue hue
- Fever >38 degrees
- Irritability and restlessness, particularly in children.

### What is croup?

- Croup is a condition that causes inflammation and swelling of the larynx (voice box), trachea and bronchi (the large airway in the lung).
- It is common in children from 6 months of age to 5-years-old and is present mostly in winter.
- It causes a barking cough, hoarse voice and noisy or laboured breathing.
- It is usually caused by a virus, similar to flu or cold virus.
- Most children with croup can be treated safely at home but some require hospital treatment due to severe attacks.
- Croup usually lasts 3-4 days without treatment but can be treated within a few hours with medication.
- Symptoms are usually worse at night and may disappear by day.
- Treatment in hospital consists of anti-inflammatories and steroids. This medication helps to decrease swelling and inflammation of the airways.

### Management at home

If your child develops symptoms of croup, the following things can be done at home:

- Keep child calm
- Sit upright as it helps make it easier to breathe
- Give paracetamol for fevers and sore throat.

*Please call us or return to our centre if you have any concerns. Alternatively, your general practitioner has received information regarding your visit to **BNE** and can address any concerns you may have.*

**If your child continues to have difficulties with breathing please seek medical treatment immediately.**

**OPEN 24 HOURS. 7 DAYS**

**627 Rode Road Chermside**

*Located between The Prince Charles and Holy Spirit Northside Private Hospitals.*

**[www.emergencyBNE.com.au](http://www.emergencyBNE.com.au)**

