

Croup

Thank you for choosing to be treated at BNE.

Your doctor is satisfied that you are well enough to go home. This information sheet will provide you with additional information to assist you with further 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 BNE if you have any concerns. Alternatively, your GP 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.

Please come back to see us for your follow-up care and treatment.

627 Rode Road Chermside

Located between The Prince Charles and St Vincent's Private Hospital Northside.

www.emergencyBNE.com.au