



Kapa'a Pediatrics, LLC

Croup

What is croup: Croup occurs when the voice box (larynx) and windpipe (trachea) becomes irritated by a virus and swells up.

Symptoms:

- Children may have a mild fever for 1-2 days or a cold before any other symptoms occur.
- Symptoms of croup occur more often at night.
- Difficulty breathing, especially when taking in breaths
- Hoarse voice, hard to hear, barking cough

Treatment: Croup can be safely treated at home. Medication may be prescribed.

- Warm mist: have your child sit in the warm, steamy bathroom for 15-20 minutes
- Moist night air: wrap your child up well and take child outside
- Use a humidifier or vapourizer in the child's bedroom
- Sleep with you child (comfort and observe breathing)
- Encourage plenty of clear fluids

What to expect: Croup is most common in children under six years old. Children may have a mild fever for a day or two or a cold before any other symptoms occur. Croup symptoms will come and go for 5 to 6 days. Croup symptoms occur mostly at night and may cause your child to be restless and agitated. Some children develop sore throats and ear infections. Most croup can be safely treated at home.

Call for appointment:

- Fever greater than 100.4
- Continuing symptoms, without relief from medication
- Severe drooling or poor eating
- Difficulty talking

Seek immediate medical attention:

- Difficulty breathing, even at rest
- Poor chest expansion or whistling sound
- Bluish discoloration around mouth and fingernails

*** Patient handouts created by Kapa'a Pediatrics are intended to give parents the most common and pertinent facts about a certain issue. If there is ever any concern that your child was given an incorrect diagnosis or is not following the usual expected course for an illness please call us to speak with a physician. (808) 634-8011***