

Croup Advice Sheet

Name of child:

Age:

Date/Time advice given:

Further advice/Follow-up:

Name of professional:

Signature of professional:



Red

- Blue lips
- Unresponsive and very irritable
- Finding it difficult to breathe with heaving of chest
- Pauses in breathing or irregular breathing patterns

You need urgent help.

Please phone 999 or go straight to the nearest Accident and Emergency Department.



Amber

- Not improving with treatment
- Breathing more noisy
- Breathing more laboured (chest 'indrawing')
- Persisting fevers

You need to contact a doctor or nurse today.

Please ring your GP surgery or call NHS 111 – dial 111.



Green

- If none of the above features are present, most children with can be safely managed at home.

Self Care.

Using the advice overleaf you can provide the care your child needs at home.

Useful information

Children under the weather?

Search 'Catch app' to download a free NHS local health app for parents and carers of children from pregnancy to age 5.



For more information visit www.catchapp.co.uk or @catchapp_uk



Your Pharmacist

Pharmacists can offer advice and medicines for a range of minor illnesses and most have a room where you can discuss issues with pharmacy staff without being overheard and are trained to tell you when your symptoms mean you need to see a doctor.

To find your local pharmacy and open times visit www.sthelenscares.co.uk



Need medical advice or help right now?

CALL
111

Use the NHS 111 service if you urgently need medical help or advice but it's not a life-threatening situation. You can also access 111 online at: www.111.nhs.uk

Trained advisors are available 24 hours a day and can book you an appointment at the Urgent Treatment Centre, order a repeat prescription or put you in touch with a healthcare professional.

Croup Advice Sheet - Babies/Children aged 0-6 years

What is Croup?

Croup is an inflammation of the voice box characterised by a typical dry barking cough and sometimes leading to difficulty in breathing.

The condition most often affects small children. It is usually caused by a virus and occurs in epidemics particularly in the autumn and early spring.

Symptoms start with a mild fever and a runny nose. This progresses to a sore throat and a typical barking cough. Young children have smaller air passages and inflammation in the voice box leads to the gap between the vocal cords being narrowed. This may obstruct breathing, particularly when breathing in (stridor), which often starts in the middle of the night.

Croup develops over a period of one or two days, the severity and time that it persists varies, but often symptoms are worse on the second night of the cough

Croup is usually caused by a virus and for that reason antibiotics are not normally effective.

How can I help my child?

- Be calming and reassuring. A small child may become distressed with croup. Crying can make things worse.
- Sit the child upright on your lap if their breathing is noisy or difficult. Let the child find a comfortable position.
- Give the child lots of cool drinks (if they are happy to take them).
- A cool environment such as taking your child outside at night for a brief period may help.
- Lower the fever. If a child has a fever (high temperature) their breathing is often faster, and they may be more agitated and appear more ill. To lower a fever:
 - Give paracetamol or ibuprofen.
 - Put clothes on the child if the room is cold.

Be aware

Steam used to be commonly advised as a treatment. It was thought that steam may loosen the mucus and make it easier to breathe. However, there is little evidence that this does any good. Also, some children have been scalded by steam whilst being treated for croup. Therefore, steam is not recommended. Also, DO NOT make a child with breathing difficulty lie down or drink fluids if they don't want to, as that could make breathing worse.