

PARENT EDUCATION

Viral Croup

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By Samer Khaznadar, M.D., FAAP

Croup is a viral infection of the voice box, resulting in a barky cough. The following instructions may help to improve the symptoms:

1. Cool mist vaporizer is helpful in the child's room.
2. The cough may improve by taking child outside in the cool night air.
3. Keep your child calm e.g. holding, rocking, etc. When the child is excited or crying, breathing will be noted to be worse.
4. Tylenol for fever as directed.
5. Encourage fluids but do not give your child anything to drink or eat if your child is having difficulty breathing or breathing too fast.
6. It is recommended that you keep your child home away from other children until he or she is better and to wash your hands carefully after caring for your sick child.
7. Bring your child immediately to the ER if your child has excessive drooling with high fever or severe symptoms breathing difficulty or changes in skin or lip color.