



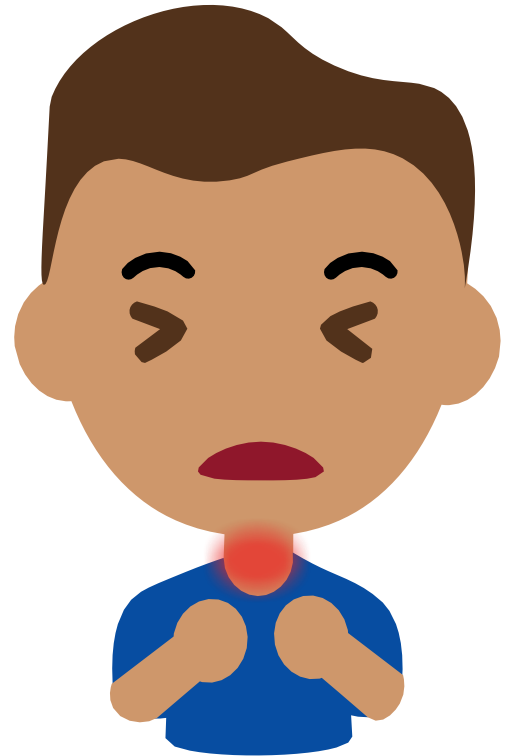
Information for Patients and Carers

Croup

(Laryngotracheobronchitis)

What is croup?

Croup is a childhood illness that causes a cough and can make it harder to breathe. It's caused by a virus (like a cold) and is common in young children. It makes parts of the throat and breathing tubes swell, which can make it harder to breathe.



What are the signs of croup?

A child with croup might have:

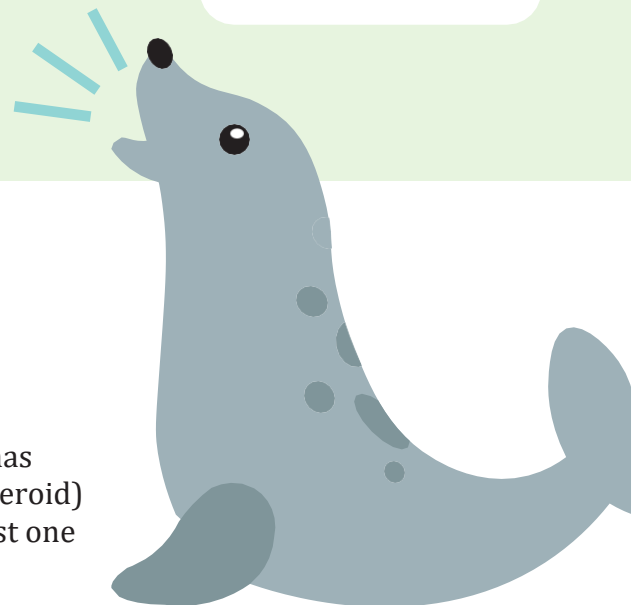
- A fever and runny nose (like a cold)
- A sore throat and croaky (scratchy) voice
- A loud "barking" cough, that sounds like a seal. **Scan the QR code here to listen to what croup sounds like.**
- A high-pitched, squeaky noise when breathing in (called stridor)
- Trouble breathing
- Not feeling like eating much



Croup is often worse at night.

What is the treatment for croup?

Croup is usually mild and gets better within a few days. But it's important to call NHS 111 or see your GP if you think your child has croup. This is because your child may need a medicine (called a steroid) that helps the swelling go down. Most children feel better after just one dose and will fully recover within a few days.



When should you worry?

And where to go for help



Scan the QR code to watch an NHS video about croup



RED

You need
urgent
help.

- Is going blue around the lips
- A harsh noise as they breathe in (stridor) present all of the time (even when they are not upset)
- Has pauses in their breathing (apnoeas) or has an irregular breathing pattern
- Is too breathless to talk / eat or drink
- Becomes pale, mottled and feels abnormally cold to touch
- Becomes extremely agitated (crying inconsolably despite distraction), confused or very drowsy (difficult to wake)
- Develops a rash that does not disappear with pressure (the 'Glass Test') or is aged under 3 months of age and has a temperature of 38°C / 100.4°F or above

Please attend
your local
Emergency
Department
or
call 999



AMBER

- Has laboured/rapid breathing or they are working hard to breathe – drawing in of the muscles below their lower ribs, at their neck or between their ribs
- A harsh breath noise as they breathe in (stridor) present only when they are upset
- Seems dehydrated (dry mouth, sunken eyes, no tears, drowsy or passing less urine than usual)
- Is becoming drowsy (excessively sleepy)
- Has difficulty swallowing saliva
- Is 3-6 months of age with a temperature of 39°C/102.2°F or above
- Seems to be getting worse or if you are worried
- Continues to have a fever of 38.0°C or above for more than 5 days

Please
ring
your GP
or 111
for
advice

GREEN

- If your child has none of the above then watch closely at home and continue to monitor for amber and red symptoms.
- If you have any concerns, contact 111, your GP or your local pharmacist



To access more about this and to be able to read this in different languages, please visit our Paediatric Emergency Department webpage on mft.nhs.uk/croup

