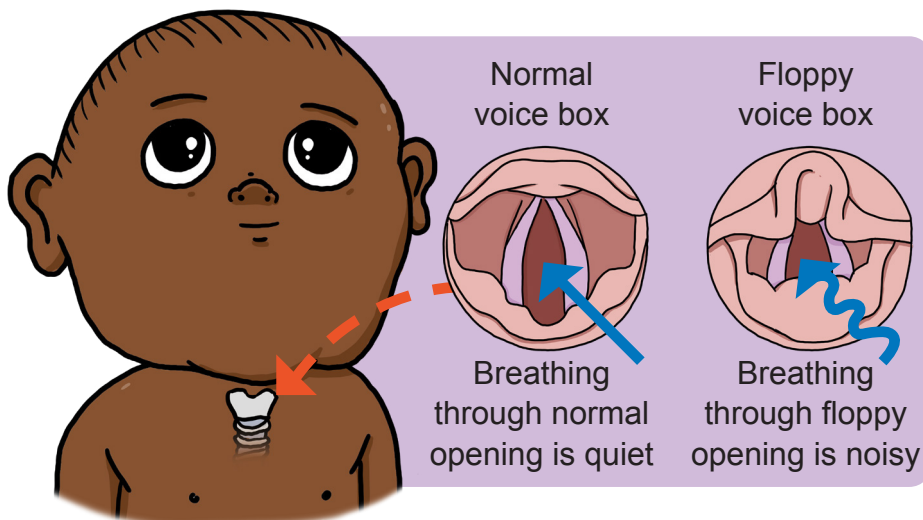


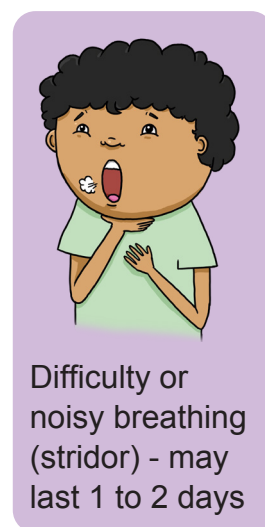
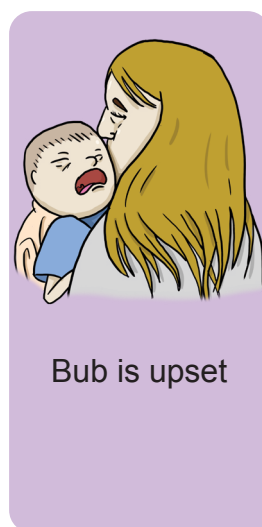
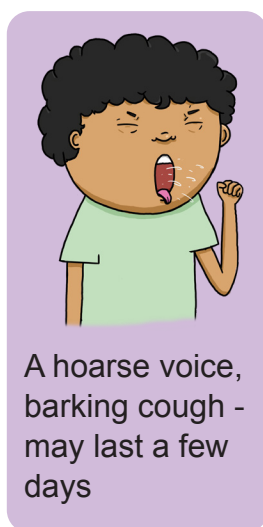
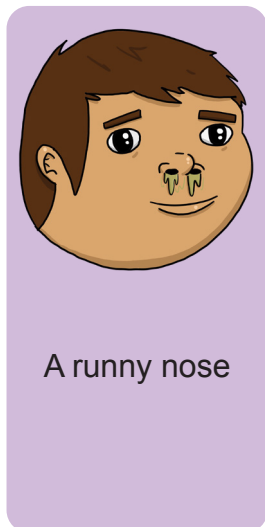


Croup

Croup often happens when bub has a cold or runny nose. Croup is caused by a virus. The infection makes the larynx (voice box) swell. Bubs 3 months to 3 years are more likely to get croup as their airways are narrow.



Bub might have:



Bub can get worse at night, you might see:

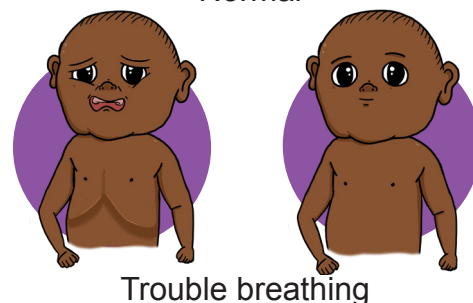
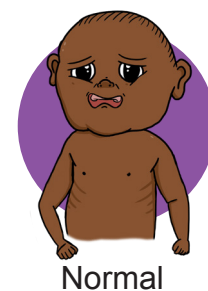
- sucking in under the ribs
- restlessness
- flaring of the nostrils when breathing in.

What to do at home

If bub only has a barking cough and is relaxed, happy and not upset, playing, eating and drinking normally then:

- keep an eye on bub
- stay inside in a warm room
- care and comfort bub.

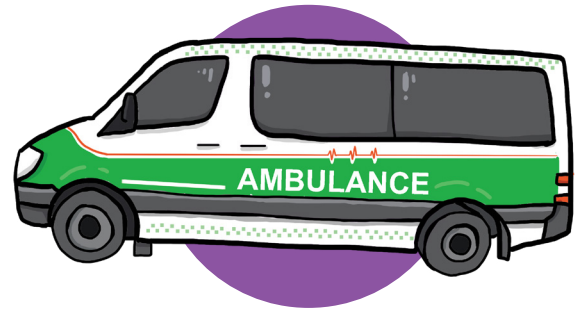
See GP or health clinic if bub get worse, they might need steroid medication to help.



If bub has:

- difficulty breathing
- has sucking in under the ribs when resting
- becomes pale.

Go to the hospital right away, bub's airway may become blocked



Treatment

- Croup is caused by a virus, **antibiotics do not help.**
- Small one off doses of steroid medication (dexamethasone or prednisolone) can be used to help reduce the swelling of the airways. This helps bub breathe easier.
- Relief from croup can be seen within 1 hour of giving bub the steroid medication.



Croup may come back with other colds or flu, but as bub gets older they usually get croup less.



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Child and Adolescent Health Service

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Produced by: Emergency Department / Social Work

Ref: 316.1 © CAHS 2021

This document can be made available in alternative formats on request for a person with a disability.

Disclaimer: This publication is for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

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