



# CROUP

## COMMON CHILDHOOD AILMENTS

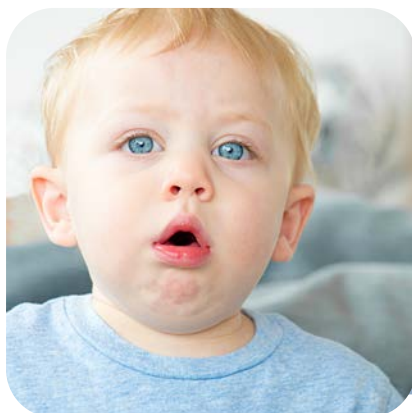
### SYMPTOMS

Croup is a condition that affects babies' and young children's airways. It can present as a barking cough, a husky voice, a raspy sound when breathing in and difficulty in breathing.



### INCUBATION

Croup is not contagious.  
It may often be worse at night.



### TREATMENT

Ask for an urgent GP appointment if you think your child has croup. Your GP may prescribe medicine. Try to keep your child upright and offer plenty of fluids. Your child may be admitted to hospital if they are under 3 months of age or really poorly. Do not encourage your child to inhale steam or put them in a steamy room.



### TOP TIPS

Check on your child regularly, especially through the night.

Call 999 or go to A & E, if your child is struggling to breathe, has blue/grey lips, is limp or floppy, finding it hard to swallow or not responding like they normally would.

**IMPORTANT**



### FURTHER SUPPORT



Go to [111.nhs.uk](https://111.nhs.uk)



Call 111



Remember, if in doubt, call 111