Croup

Croup is an infection of the airway that causes the throat to puff up (*swell*). Croup sounds like a barking cough and comes with a low grade fever. It may be caused by a viral infection during a cold. It is usually worse at night.

HOME CARE

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- Calm your child during an attack. This will help his or her breathing. Remain calm yourself.
- Sit in a steam-filled room with your child. This may help his or her breathing.
- Wait to give liquids or food until after a coughing spell.
- Watch for signs of body fluid loss (*dehydration*). This includes dry lips and mouth and little or no peeing (*urinating*).

Croup usually gets better, but it may get worse after you get home. Watch your child carefully. An adult should be with the child through the first few days of this illness.

GET HELP RIGHT AWAY IF:

- Your child is having trouble breathing or swallowing.
- Your child is leaning forward to breathe or is drooling.
- Your child's skin between the ribs is being sucked in during breathing.
- Your child's lips or fingernails are becoming blue.
- Your child has a temperature by mouth above 102° F (38.9° C), not controlled by medicine.
- Your baby is older than 3 months with a rectal temperature of 102º F (38.9º C) or higher.
- **Your baby is 3 months old or younger with a rectal temperature of 100.4º F (38º C) or higher.**

MAKE SURE YOU:

- Understand these instructions.
- Will watch your child's condition.
- Will get help right away if your child is not doing well or gets worse.

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