

Energising your health



Paediatric & Neonatology Department

What is a Croup?

"Croup" is the term doctors use for a group of infections that affect the trachea, the main airway through which we breathe. Croup is common in children between 6 months and 3 years of age. It is uncommon after the age of 6 years. Croup causes a barking cough. In most children, croup goes away on its own. But some children with croup need to be seen by a doctor or nurse.

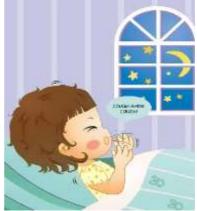
The usual cause of croup is a viral infection. Croup is common in young children especially during winter.

What are the symptoms of Croup?

Croup usually begins like a regular cold. Children who get croup start off by getting a runny nose and feeling stuffed up.

A day or 2 later, they usually:

- Get a cough that sounds like a seal barking
- Become hoarse (lose their voice or get a scratchy voice)
- Get a fever (temperature greater than 100.4°F or 38°C)
- Start having noisy, high-pitched breathing (called "stridor"), especially when they are active or upset
- The symptoms are usually worse at night.
- Croup may follow a cold but can also appear "out of the blue"



What to do to help a child with croup?

- ✓ Be calming and reassuring-sit the child upright on your lap if their breathing is noisy or difficult.
- ✓ Let the child find a comfortable position.
- Lower the fever (high temperature)
 Give paracetamol liquid or ibuprofen
- ✓ Lightly dress the child if the room is not cold.



- ✓ Give the child lots of cool drinks.
- ✓ DO NOT make a child with breathing difficulty lie down or drink fluids if they don't want to, as that could make breathing worse.

When to seek medical help?

Many children with croup do not need to see a doctor. But you should watch for some important symptoms:

- Starts to turn blue or very pale
- Has a very hard time breathing.
- Can't speak or cry because they can't get enough air.
- Is very upset.
- Seems very sleepy or does not seem to respond to you.



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