

Go to the Emergency Department when any of these signs occur:

- Your child's temperature is 38.5°C or 101°F or more
- Your child's breathing is noisy when lying quietly or if he or she is refusing to lie down
- Your child will not drink or is drooling
- Your child looks pale or becomes tired

On your way to Emergency, drive carefully with the windows down. _____

Patient's name: _____

Special Instructions:

Date this card given: _____

Follow-up appointment: _____

Croup

Croup is a swelling of the breathing passages in the throat and mouth. It is common for children with croup to have a harsh "barky" cough that often begins at night. Croup is usually caused by a virus so antibiotics are not given.

While you are at home:

- Try to stay calm – the sound of the cough can be scary. Getting scared or anxious may make your child more upset.
- Turn on the shower with hot water and close the door. This will build up steam in the bathroom. Stay in the bathroom for about 10 to 15 minutes. Let your child settle into a comfortable position. This may be sitting on your knee. **Or**
- Wrap your child warmly and go out into cold damp air for 10 to 15 minutes.
- If your child is getting better, you can care for him or her at home.
- Keep your child's room cool and moist. A cold air humidifier in your child's room may help.

Call your doctor or go to the nearest Emergency Department:

- If your child's breathing has not improved with fresh air or steam
- If your child is upset and breathing fast
- If your child's breastbone pulls in when taking a breath
- If you are concerned