Your child may have been exposed to:

<table>
<thead>
<tr>
<th>Croup</th>
<th>Croup is a respiratory illness caused by a virus. It usually affects young children.</th>
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If you think your child has Croup:
- Tell your childcare provider.
- Need to stay home?
  **Childcare:**
  Yes, until fever is gone and the child is healthy enough for routine activities.

DO NOT give aspirin or salicylate-containing medicines to anyone under 18 years of age.

**Symptoms**

Your child may have a runny nose, sore throat, mild cough, and fever.

Several days later there may be a dry cough and hoarseness. Rapid breathing or making a noise when taking a breath may also occur. The cough may be worse at night. The illness lasts 3 to 4 days, but the cough may last longer.

If your child is infected, it may take up to 10 days for early symptoms to develop and a few more days for cough symptoms to start.

**Spread**

- By touching secretions from the nose or mouth.
- By touching contaminated hands, objects, or surfaces.

**Contagious Period**

From shortly before and while your child has symptoms.

**Call your Healthcare Provider**

- If your child has a high fever or has a hard time swallowing or breathing. Also if your child has a sore throat or cough that won’t go away.

Antibiotics do not work for illnesses caused by a virus, including croup.

**Prevention**

- Cover nose and mouth when coughing and sneezing. Use a tissue or your sleeve. Dispose of used tissues.
- Wash hands after touching anything that could be contaminated with secretions from the nose or mouth and before preparing food or eating. Your child may need help with handwashing.
- Clean and disinfect any objects or surfaces that come in contact with secretions from the nose or mouth. Use a product that kills germs.
- DO NOT expose your child to second-hand tobacco smoke. Smoke increases the risk for serious respiratory infections and middle ear infections.

**FOR MORE INFORMATION**

Kentucky Regional Poison Center Louisville, KY  EMERGENCY: 1-800-222-1222
Lake Cumberland District Health Department Somerset, KY  [www.tcdhd.org](http://www.tcdhd.org) (606) 678-4761
The Centers for Disease Control and Prevention (CDC) Atlanta, GA  Toll free: 1-800-311-3435  [www.cdc.gov](http://www.cdc.gov)

Prepared by Hennepin County Human Services and Public Health Department (HSPHD)
June 2008