

Your child may have been exposed to:

Croup

Croup is a respiratory illness caused by a virus. It usually affects young children.

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 Department for Public Health Frankfort, KY

Kentucky Regional Poison Center Louisville, KY

Lake Cumberland District Health Department Somerset, KY

The Centers for Disease Control and Prevention (CDC) Atlanta, GA

<http://chfs.ky.gov/dph/>

EMERGENCY: 1-800-222-1222

www.lcdhd.org (606) 678-4761

Toll free: 1-800-311-3435 www.cdc.gov

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

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