

CROUP PARENT FACT SHEET

PARENT/GUARDIAN

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.
- Keep your child home from childcare until fever is gone (without the use of a fever reducing medicine) and your 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 coughing or sneezing.
- By touching contaminated hands, objects, or surfaces.

Contagious period

From shortly before and while your child has symptoms.

Call your health care 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 will not 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 in the trash.
- Wash hands after touching anything that could be contaminated with secretions from the nose or mouth. Your child may need help with handwashing.

- Do not share anything that goes into the mouth, such as drinking cups, straws, and water bottles.
- 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, please contact your local health department.

[Carson City Health & Human Services](#) (Carson City, Douglas, Lyon Counties) 775-434-1690 & 775-887-2190 (after hours)

[Central Nevada Health District](#) (Churchill, Mineral, Eureka, Pershing Counties) 775-866-7535

[Northern Nevada Public Health](#) (Washoe County) 775-328-2447 (24 hours)

[Southern Nevada Health District](#) (Clark County) 775-759-1300 (24 hours)

[Division of Public and Behavioral Health](#) (All other Counties) 775-400-0333 (24 hours)

Email: dpbhepi@health.nv.gov