

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, call Hennepin County HSPHD-Epidemiology at 612-543-5230 or call your local health department.

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