

Information for Parents / Carers:

Caring for your child with croup



What are the symptoms of Croup?

- Croup starts with a mild fever and runny nose.
- Dry cough often described as 'barking like a seal'.
- Noisy breathing when breathing in (known as stridor).
- Hoarseness of voice
- Restless and irritable
- When breathing in, pulling in of the muscles between ribs and around the neck.
- Difficulty swallowing or drooling (in severe cases)

Symptoms may be worse at night.

How can I help my child?

- Try and stay calm for your child – anxiety could affect your child's breathing. A small child may become distressed with croup, crying can make things worse.
- Allow your child to stay in the position they prefer. Sit your child upright if breathing is noisy or difficult. Do not make your child lie down if they do not want to.
- If your child has a temperature, give them the medicine that you would normally use to lower their temperature, following the instructions on the bottle or as advised by the chemist.
- Your child may be reluctant to eat, so encourage them to have plenty of clear cool drinks. Do not make your child drink if they do not want to.
- A cool environment may help, such as taking your child outside.
- If your child is having difficulty breathing, swallowing or is drooling a doctor should see them immediately.

Croup Advice Guide:

How is your child?

 <p>Red</p>	<ul style="list-style-type: none">• Blue lips• Unresponsive and very irritable• Finding it difficult to breathe• Pauses in breathing or irregular breathing pattern	<p>You need urgent help Please phone 999 or go to the nearest Accident and Emergency</p>
 <p>Amber</p>	<ul style="list-style-type: none">• Not improving with treatment• Breathing more noisy• Breathing is more laboured• Your baby's temperature is above 39°C• Drooling	<p>You need to contact a doctor or nurse today Please ring your GP surgery or call NHS 111 - dial 111</p>
 <p>Green</p>	<ul style="list-style-type: none">• If none of the above factors are present	<p>Self care Using the advice in this guide you can provide the care your child needs at home</p>

Name of Child

Age Date/Time advice given

Further advice / Follow up

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Name of professional

Signature of professional

Some Useful Phone Numbers

GP Surgery (make a note of the number here)

NHS 111 - Dial 111

(available 24hrs - 7 days a week)

GP Out of Hours Service - appointments booked via NHS 111

(Open from 6:30pm - 8:30am, 7 days a week)

For online advice:

NHS Choices www.nhs.uk

(available 24hrs - 7 days a week)

Urgent Care Centre

Warren Farm Urgent Care Centre

Warren Farm Road, Birmingham, West Midlands, B44 0PU

8.00am-8.00pm

Erdington Health and Wellbeing Walk In Centre

196 High Street, 1st Floor, Erdington, Birmingham, B23 6SJ

8.00am-8.00pm

Washwood Heath Urgent Care Centre

Clodeshall Road, Washwood Heath, Birmingham, West Midlands, B8 3SN

9.00am-9.00pm

The Hill Urgent Care Centre

Sparkhill Primary Care Centre, 856 Stratford Road,

Sparkhill, Birmingham, B11 4BW

8.00am-8.00pm

South Birmingham GP Walk In Centre

0121 415 2095

15 Katie Road, Selly Oak, Birmingham, B29 6JG.

8.00am-8.00pm

Birmingham NHS Walk In Centre

0121 255 4500

Lower Ground Floor, Boots The Chemists Ltd,
66 High Street, Birmingham, West Midlands, B4 7TA

Mon-Fri: 8.00am – 7.00pm (last patient seen at 6:30pm)

Sat: 9.00am – 6.00pm (last patient seen at 5:30pm)

Sun: 1.00am – 4.00pm (last patient seen at 3:30pm)

Solihull UCC

Solihull Hospital, Lode Lane, Solihull, B91 2JL

8.00am-8.00pm

Summerfield GP and Urgent Care Centre

Summerfield Primary Care Centre, 134 Heath Street,
Winson Green, Birmingham, B18 7AL.

8.00am-8.00pm

If you require an interpreter, inform the member of staff you are speaking with.

Data Protection

Looking after and sharing information about your child

We have a duty of care to help patients and families understand how information about them is kept and shared and we include the following information in all our patient leaflets:

Information is collected about your child relevant to their diagnosis, treatment and care. We store it in written records and electronically on computer. As a necessary part of that care and treatment we may have to share some of your information with other people and organisations who are either responsible or directly involved in your child's care. This may involve taking your child's information off site. We may also have to share some of your information for other purposes, such as research etc. Any information that is shared in this way will not identify your child unless we have your consent. If you have any questions and/or do not want us to share that information with others, please talk to the people looking after your child or contact PALS (Patient Advice and Liaison Service) on 0121 333 8403.

Birmingham Children's Hospital NHS Foundation Trust

Steelhouse Lane Birmingham B4 6NH

Telephone 0121 333 9999

Fax: 0121 333 9998

Website: www.bch.nhs.uk

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DIFFERENCE



Birmingham
Children's Hospital
Charity



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For more info on how to get involved:

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@ fundraising@bch.org.uk

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a month to
show your love
for tomorrow's
children

WWW.BCH.ORG.UK

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