

Croup



What is croup?

Croup is a viral infection that causes the lining of the voice box and windpipe to swell. This results in the narrowing of breathing passages.

Croup typically begins with a low-grade fever and runny nose or nasal congestion. Within 1 to 2 days of the infection, your child may develop a hoarse voice, a barking cough and some noisy breathing. This may be accompanied by breathing difficulties. These symptoms appear to be worse at night but usually resolve within 3 to 7 days.

How can I help my child feel better?

The breathing difficulties or even the intimidating sound of the cough may upset or frighten your child. Here are some things you can do to help your child feel better:

- Stay calm. This will help your child stay calm too, helping him/her breathe better.
- Sit your child upright on your knee. You can also put some pillows behind your child's head and back when he/she is in bed.
- Give your child plenty of warm fluids to drink.





- You can give your child paracetamol or ibuprofen if he/she has a fever over 38.0°C.



- Do not give your child other medicines such as cough syrup unless prescribed by the doctor.

- Avoid smoke exposure such as secondhand cigarette smoke.

- Warm moist air may benefit children with croup. You can try sitting with your child in the bathroom while a warm shower is running or using a humidifier in your child's room.

Should I bring my child to the Urgent Care Clinic (UCC) or Children's Emergency?



Please bring your child to the UCC* if he/she:

- Has a barking cough
- Has some difficulty in breathing or noisy breathing when agitated
- Is drinking only up to 50% of their usual fluid intake

* UCC is a walk-in clinic in the community for children and adolescents up to 18 years old with urgent but non-life threatening conditions. It is open daily from 9am to 11pm (last registration at 10pm).

Please bring your child to the Children's Emergency immediately if he/she:

- Has difficulty breathing
- Has rapid or noisy breathing even at rest
- Is unable to eat or drink
- Is drooling

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical condition.

About the Khoo Teck Puat – National University Children’s Medical Institute (KTP-NUCMI)

The KTP-NUCMI is the paediatric arm of the National University Hospital and comprises the Departments of Paediatrics, Paediatric Surgery and Neonatology. We provide comprehensive and specialised medical and surgical services for newborns, children and adolescents, and are the only public hospital in Singapore that offers paediatric kidney and liver transplant programmes. Through a generous gift from the Estate of Khoo Teck Puat, we have set up an integrated outpatient facility with medical, diagnostic and rehabilitation services.

For more information about us, visit www.nuh.com.sg/ktp-nucmi.

Contact Us

24-hour Children’s Emergency

Location: NUH Main Building, Zone F, Level 1

General Enquiry: +65 6772 5000

KTP-NUCMI

Location: NUH Main Building, Zone E, Level 2

(Accessible via Kent Ridge Wing, Zone C, Level 2, Lift Lobby C)

Operating Hours: 8.30am – 5.30pm (Mon to Fri), 8.30am – 12.30pm (Sat)

General Enquiry: +65 6772 5736 Appointment Line: +65 6908 2222

Email: ktpnucmi_appt@nuhs.edu.sg

9a Viva-University Children’s Cancer Centre

Location: NUH Medical Centre, Zone B, Level 9

Operating Hours: 8am – 5.30pm (Mon to Fri)

Appointment Line: +65 6772 5030 Fax: +65 6872 4314

Email: cbccappt@nuhs.edu.sg

NUH Children’s Urgent Care Clinic @ Bukit Panjang

Location: Junction 10, 1 Woodlands Road, #01-22, Singapore 677899

Operating Hours: 9am – 11pm daily (including public holidays)

General Enquiry: +65 6219 1538 Email: childreucc@nuhs.edu.sg

Website: www.nuh.com.sg/ucc

NUH Child Development Unit @ JMC

Location: Jurong Medical Centre,

60 Jurong West Central 3, Level 2, Singapore 648346

Operating Hours: 8.30am – 5.30pm (Mon to Fri)

Appointment Line: +65 6665 2530/2531 Fax: +65 6665 0158

Email: cdu@nuhs.edu.sg Website: www.nuh.com.sg/cdu

NUH Child Development Unit @ Keat Hong

Location: Keat Hong Community Club,

2 Choa Chu Kang Loop, #03-01, Singapore 689687

Operating Hours: 8.30am – 5.30pm (Mon to Fri)

Appointment Line: +65 6769 4537/4637 Fax: +65 6665 0158

Email: cdu@nuhs.edu.sg Website: www.nuh.com.sg/cdu

National University Hospital

Location: 5 Lower Kent Ridge Road, Singapore 119074

Tel: +65 6908 2222

Email: contactus@nuhs.edu.sg

Website: www.nuh.com.sg



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