

Mayo Clinic Minute:

What to do if your child has croup

Video	Audio
	If your child has a loud "barking" cough; fever; and noisy, high-pitched breathing, he or she may have a viral respiratory illness called croup.
<b>Robert Jacobson, M.D.</b> <b>Pediatric and Adolescent Medicine</b> <b>Mayo Clinic</b>	"Croup is a narrowing of the windpipe, and for most of us, it doesn't cause the same symptoms as it'll cause a young child. For a young child with a narrowed windpipe, that's a big deal."
	Dr. Robert Jacobson says while croup usually isn't serious, it can be scary for both children and parents.
	"As they try to take a breath in, their windpipe will actually collapse on them, causing them to panic, become fearful and try even harder to breathe."
	Dr. Jacobson says most cases of croup can be treated at home.
	"We'll take them into the shower to breathe steamy air. We'll take them out into the night air to breathe in the cold night air, and those things will usually allow the windpipe to relax and allow the air to flow."
	If home measures fail, Dr. Jacobson says the child should be seen by a health care provider emergently. If you ever fear your child cannot breathe, call 911.
	For the Mayo Clinic News Network, I'm Jason Howland.