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 <u>childcare</u> 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.

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

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 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 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.

Hennepin