



HEALTH ALERT: CROUP

Croup is an infection of the upper airway which obstructs the breathing of a child. It causes a characteristic barking cough. It can be Viral or Spasmodic.

- Signs: Often begins as a typical cold. A loud barking cough may develop, as well as fever, hoarse voice, and labored or noisy breathing.
- Transmission: Respiratory secretions, coughing, and sneezing.
- Incubation: 3 days after illness begins
- Treatment: Cool mist humidifier, warm moist air or steam
- Exclusion: must be fever free- stay home if they don't feel well enough to participate in activities or if they require more care than the staff can safely provide while caring for other children in the program.

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