



Alison H. Kopelman, M.D.



# YOUR CHILD'S HEALTH

*Presented by the medical professionals at Midcoast Pediatrics*

## **What is Croup?**

Croup is a condition that causes swelling of the upper airways. Most common in children from 6 months to 3 years, croup begins with a cold virus but leaves its calling card at night in the form of a barking cough. Parents might also hear the whistling of stridor as their child inhales. Croup itself is not contagious, and the majority of children exposed to it will get nothing more than a cold. Croup tends to peak in fall and early winter. Sitting in the bathroom after creating a misty environment will sometimes relieve the croupy cough. Another thing to try is bringing the child outdoors into the cool night air. Seek medical treatment immediately if the child appears very sick, listless, has a bluish tinge around the lips, or if the skin between the ribs sucks in during inhalation.

**At MIDCOAST PEDIATRICS we provide quality preventative and therapeutic care, from well-child check ups and immunizations, to the diagnosis and treatment of serious illness and injury. We provide excellent comprehensive care for children from birth through adolescence. To schedule an appointment call 207-721-8333. We are located at 121 Medical Center Drive, Suite 2600, Brunswick. We look forward to welcoming you at our practice.**

*P.S. The viruses that lead to croup can be avoided by frequent hand washing. Make sure your child knows the proper way to wash hands.*

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