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Croup

Also called: Spasmodic croup, Viral croup

Croup is an inflammation of the vocal cords (larynx) and windpipe (trachea). It causes difficulty breathing, a barking cough, and a hoarse voice. The cause is usually a virus, often parainfluenza virus [<https://medlineplus.gov/viralinfections.html>] . Other causes include allergies [<https://medlineplus.gov/allergy.html>] and reflux [<https://medlineplus.gov/gerd.html>] .

Croup often starts out like a cold. But then the vocal cords and windpipe become swollen, causing the hoarseness and the cough. There may also be a fever and high-pitched noisy sounds when breathing. The symptoms are usually worse at night, and last for about three to five days. Children between the ages of 6 months and 3 years have the highest risk of getting croup. They may also have more severe symptoms. Croup is more common in the fall and winter.

Most cases of viral croup are mild and can be treated at home. Rarely, croup can become serious and interfere with your child's breathing. If you are worried about your child's breathing, call your health care provider right away.

Learn More

- About Human Parainfluenza Viruses (HPIVs) [<https://www.cdc.gov/parainfluenza/about/>]
(Centers for Disease Control and Prevention)
- Children and Croup [<https://www.nationaljewish.org/NJH/media/pdf/pdf-MF-Children-and-Croup.pdf?modal=1>]
(National Jewish Health) - PDF
- Croup [<https://familydoctor.org/condition/croup/?adfree=true>] (American Academy of Family Physicians)
Also in Spanish [<https://es.familydoctor.org/condicion/crup-es/?adfree=true>]
- Croup [<https://medlineplus.gov/ency/article/000959.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000959.htm>]
- Croup [<https://www.mayoclinic.org/diseases-conditions/croup/symptoms-causes/syc-20350348?p=1>]
(Mayo Foundation for Medical Education and Research)
- Croup (For Parents) [<https://kidshealth.org/en/parents/croup.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/croup.html>]
- Croup and Your Young Child [<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Croup-Treatment.aspx>]
(American Academy of Pediatrics)
Also in Spanish [<https://www.healthychildren.org/Spanish/health-issues/conditions/chest-lungs/Paginas/Croup-Treatment.aspx>]
- Laryngitis [<https://medlineplus.gov/ency/article/001385.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001385.htm>]
- Larynx & Trachea [<https://training.seer.cancer.gov/anatomy/respiratory/passages/larynx.html>] 
(National Cancer Institute)
- Parainfluenza [<https://medlineplus.gov/ency/article/001370.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001370.htm>]
- What to Do about Croup [<https://kidshealth.org/en/parents/croup-sheet.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/croup-sheet.html>]

Clinical Trials

- ClinicalTrials.gov: Croup [<https://clinicaltrials.gov/search?cond=%22Croup%22&aggFilters=status:not%20rec>]
 (National Institutes of Health)

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Risk Factors Associated With Emergency Department Revisits and Subsequent Hospitalizations in... [<https://www.ncbi.nlm.nih.gov/pubmed/40716770>]
- Article: Croup and Epiglottitis. [<https://www.ncbi.nlm.nih.gov/pubmed/40588280>]
- Article: Esophageal pathology and the aerodigestive triple endoscopy for pediatric recurrent croup. [<https://www.ncbi.nlm.nih.gov/pubmed/40318473>]
- Croup -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Croup%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+2+Years%22+%5Bdat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29>]



National Institutes of Health

The primary NIH organization for research on *Croup* is the Eunice Kennedy Shriver National Institute of Child Health and Human Development [<https://www.nichd.nih.gov/Pages/index.aspx>]

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