

Management & Prevention Tips For Croup In Children



Management Tips

Do not agitate or upset the child to prevent the worsening of symptoms



Calm the crying child by placing them in a comfortable position

Offer warm fluids to relieve sore throat



Make sure they take plenty of rest and sleep

Preventive Tips

Follow your child's immunization schedule keenly



Feed them immunity-boosting nutritious foods

Encourage them to cover their nose and mouth while coughing and sneezing



Instruct them to wash their hand thoroughly before eating