



Source CIUSSS MCQ

Laryngitis

Laryngitis is an infection of the upper respiratory tract, including the larynx (infection in the throat). It often occurs after a cold and is most often caused by a virus that can last 2 to 5 days.

It causes inflammation (swelling) of the throat and vocal cords and can lead to mild to severe breathing problems.

Possible symptoms

- Throat pain;
- Cold symptoms: Runny nose, nasal congestion, sore throat, fatigue or chills;
- Hoarse voice;
- Strong cough, which sounds like a dog barking and which increases at night;
- Wheezing when breathing (stridor). It is a fairly loud sound (wheezing) that can be heard by putting your ear to the child's back as they breathe in.
- Pulling: skin that sinks into the chest, sternum, above, between and below the ribs or at the collarbones when the child breathes;
- Fever over 38.5 °C (101.3 °F);
Rectal temperature taking (rectum) remains the most reliable.
- Anxiety and restlessness.

How to prevent laryngitis?

- Have your child vaccinated according to the vaccination schedule.
- Wash their hands frequently or encourage them to wash their hands after blowing their nose or touching their face and before eating or drinking, and when they return home.
- Make your child's environment smoke-free.
- Avoid contact with people who have a respiratory infection, such as the common cold or flu. Avoid going to large gatherings with your newborn when you do not need to.

How to care for your child?

- Stay calm and talk softly to your child to calm him or her down.
- Encourage your child to sit up.
- Fresh air can relieve symptoms. In cold weather, go outside with your child properly dressed, or use an air conditioner in warm weather. If this is not possible, and always under your supervision, leave your child in front of an open freezer for a few minutes.
- Make sure your child is properly hydrated, encouraging him or her to drink cold water.
- Use acetaminophen or ibuprofen to reduce fever and pain. You can give acetaminophen to your child if he or she is older than 3 months. Follow the dosage, amount and dosing interval recommended on the product label, based on your child's

weight. Avoid giving ibuprofen to your child if they are under 6 months old or unable to hydrate by themselves.

- If you are unsure, consult your pharmacist or dial 811 for Info-Santé.
- If your child is nauseated or vomiting, use acetaminophen suppositories.
- Clear your child's nose as needed (see sheet *Nasal Hygiene – How to clear your baby's or child's nose*)

Laryngitis does not require antibiotic treatment.

Caution!

- Avoid cough medicines if your child is under 6 years old.
- Avoid decongestants and antihistamines, which are not considered effective for the common cold.
- Never give acetylsalicylic acid or ASA to a child or teenager

For more information

- [Explanatory sheets and videos: ciusssmcq.ca/conseils-sante/vous-etes-malade/](http://ciusssmcq.ca/conseils-sante/vous-etes-malade/)

Contact information for medical clinics

- [CIUSSS MCQ website: facility contact information](http://ciusssmcq.ca)

Where to consult

- Your pharmacist
- Info-Santé 811 available at all times: 24 hours a day, 7 days a week
- Your family doctor at your FMG or medical clinic
- If you do not have a physician: 1-844-313-2029, option 1. From 8:00 a.m. to 8:00 p.m. Monday to Friday and from 8:00 a.m. to 4:00 p.m. Saturdays, Sundays and holidays
- Walk-in clinics
- The nearest emergency room (See above *information When to go to the ER URGENTLY?*)

When to consult?

If your child:

- Has difficulty swallowing or produces excess saliva.
- Makes breathing sounds (stridor at rest or that does not diminish after crying)
- Shows persistent symptoms after 15 minutes of good care (cold air, hydration, etc.).
- Infants may show flaring of the nostrils.

When to go to the ER URGENTLY?

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If your child has significant difficulty breathing (respiratory distress).

- Your child has blue lips or fingertips.