

Caring For Your Child's Sore Throat

Your child has been treated for a sore throat. You can care for your child at home by following these directions.

Special Information

- An older child may gargle with warm salt water (mix one teaspoon of salt in an 8-ounce glass of warm water).
- You may give your child acetaminophen (Tylenol®) or Ibuprofen (Advil®, Motrin®). **Do not give your child aspirin.** Aspirin has been associated with Reye Syndrome, a rare but serious illness.
- It is important for your child to drink plenty of fluids. If under 1 year old, use Pedialyte® or another infant solution recommended by your doctor or nurse. **Do not** use plain water or boiled milk. If over 1 year old, give your child Gatorade®, Kool-Aid®, punch, apple juice or Popsicles®.
- If a throat culture was taken today, you will receive the results within 48 to 72 hours if the test was positive for strep throat. If you have questions about strep throat, call your child's doctor.
- If medicine was prescribed, be sure to give it to your child as you were instructed. Your child should take all the medicine until it is gone.
- If you are giving medicine for strep throat, your child may return to school or daycare 24 hours after starting the medicine.
- To keep germs from spreading, it is important to wash your hands frequently. If anyone in your family gets a fever, sore throat or swollen lymph glands in the neck, have them see their doctor.
- Replace your child's toothbrush with a new toothbrush one to two days after your child starts the antibiotic medicine.

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child:

- Develops severe throat pain or begins to drool.
- Has trouble swallowing or breathing.
- Develops a hoarse voice.
- Has lymph nodes (glands) in the neck that become big and swollen.
- Has a temperature of 101°F (38.3 °C) or higher that lasts 48 hours or longer.
- Is under 1 year old and has sunken eyes, no tears when crying and has no wet diaper for 8 hours. These are signs of dehydration.
- Is over 1 year old and has sunken eyes, no tears when crying and no urine for 12 hours. These are signs of dehydration.
- Has special health care needs that were not covered by this information.

This teaching sheet is meant to provide you with additional information about your child's care. Diagnosis, treatment and follow-up should be provided by a health care professional.