

Parent Information Sheet

Sore Throat

Your child has been seen in the clinic with a complaint of a sore throat. While few sore throats are serious, you should know when to call your doctor. When your throat hurts, it is a sign your body is fighting off germs or allergens (things you are allergic to). You may also notice hoarseness and swollen lymph nodes in the neck. Sore throats can be caused by strep, colds, flu, allergies, cigarette smoke, or straining the voice.

Treatment

- Drink plenty of fluids, at least 6 glasses of water per day.
- Warm salt water gargles.
- Tylenol/Motrin according to package directions.
- Throat lozenges or cough drops for temporary relief.
- Stay away from allergens.

Call your doctor if:

- Temperature is 102 degrees or higher.
- There are white spots on the tonsils.
- Tonsils look enlarged (especially if touching).
- Breathing or swallowing is difficult.
- Lymph nodes in the neck are hard, swollen, or tender.
- There is a skin rash.
- Your child was recently exposed to strep.

Children need to be completely free of fever for at least 24 hours before returning to school. This is for your child's health and the well-being of others.