

## Sore Throat

- 1.) Many sore throats result from a virus infection of the throat. These usually last a few days. There are several things you can do to help.
- 2.) Gargle with warm salt water if old enough (1 tsp. salt per glass) six times a day. Suck on hard candy (butterscotch seems to be a soothing flavor) ever hour. Take Tylenol as necessary to help the discomfort. Small children often refuse to eat if they have a sore throat. Cold liquids help too. Chloraseptic spray or lozenges may also be used in older children.
- 3.) Please note that if your child is tested for strep at school and is positive, we still require your child to be seen at the office due to the possible effects of strep pharyngitis.

#### **4.) Call our office during regular hours if:**

- a.) There is a severe pain lasting more than two days.
- b.) There is any fever over 103° F with the sore throat.
- c.) The sore throat lasts over 72 hours even if there is no fever.
- d.) There is any recent contact with people with strep throat or impetigo (strep skin infections).
- e.) There are any family members or relatives who had rheumatic fever.
- f.) There are big, swollen lymph glands in the neck.
- g.) There is an abdominal pain or vomiting.
- h.) A rash develops.

#### **5.) Call our office urgently if:**

- a.) There is drooling.
- b.) There is difficulty with swallowing.
- c.) There is difficulty with breathing.