



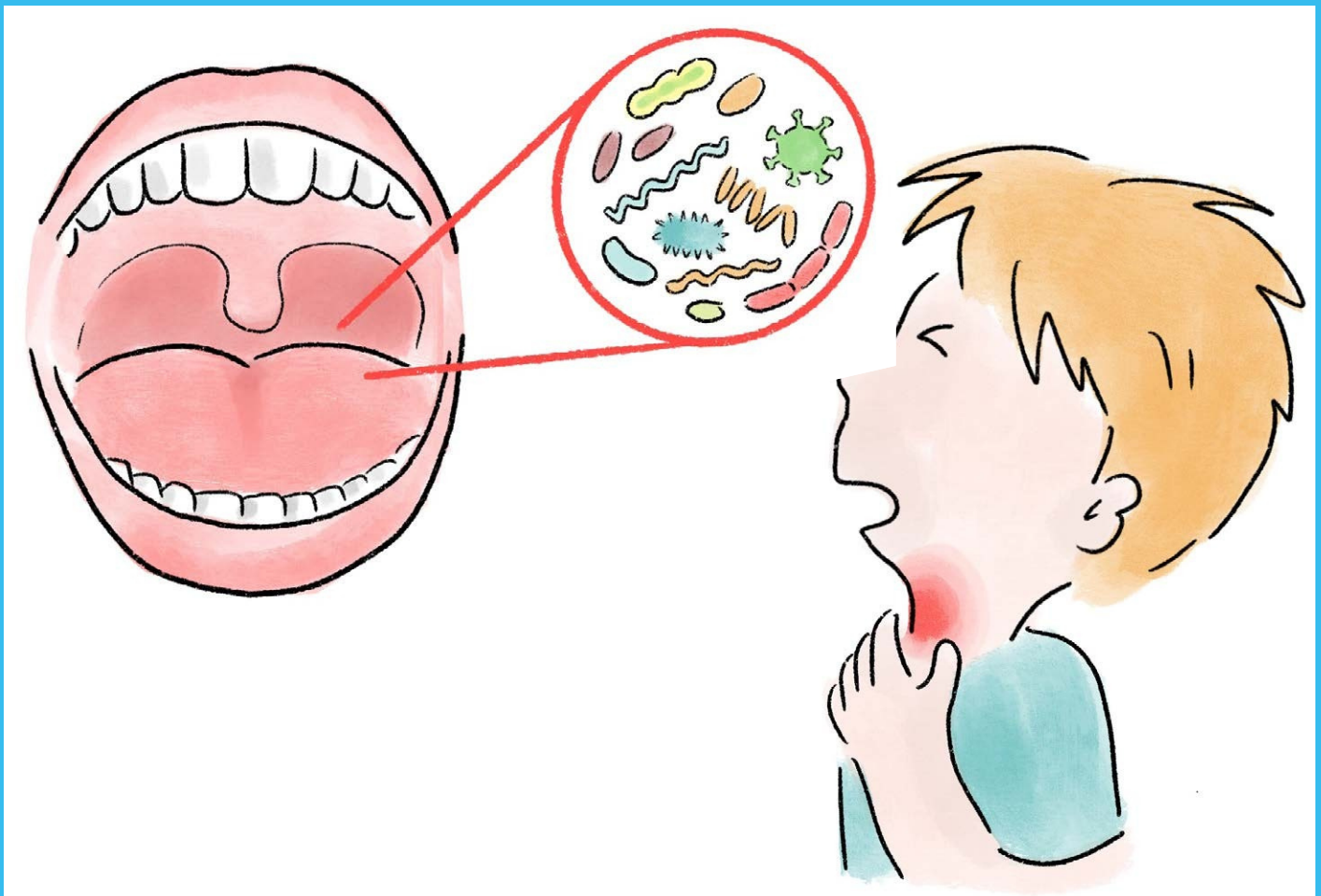
Sore Throat

Information for parents and carers

Key facts

Sore throats commonly occur with or following a cold, which makes the throat and tonsils sore, red and inflamed.

- Very common in winter months
- Usually affects children and young people
- Most cases are caused by a virus



Symptoms often seen with Sore Throat



Headache



Coughing



High temperature



Nausea



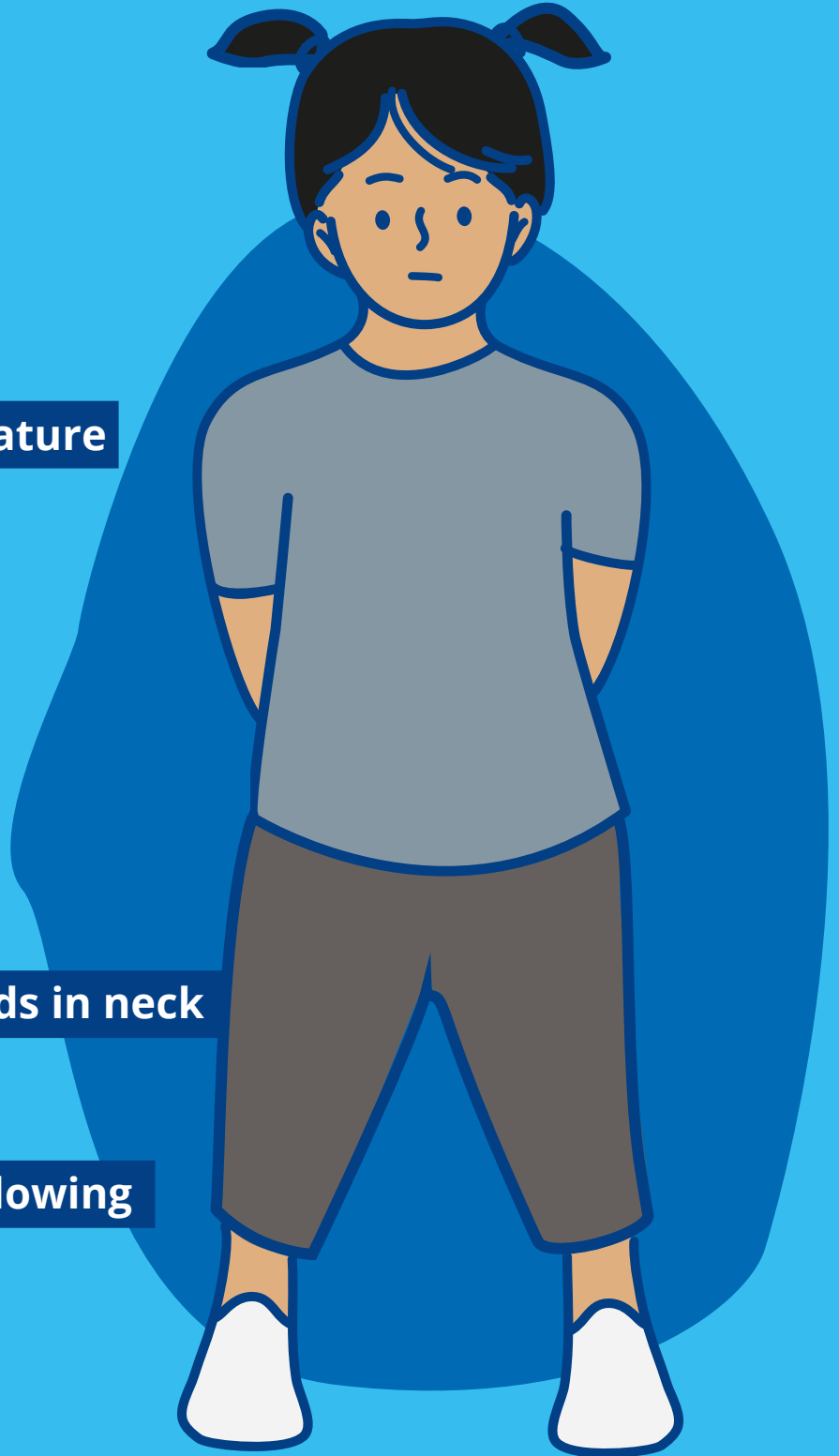
Tiredness



Swollen glands in neck



Pain on swallowing

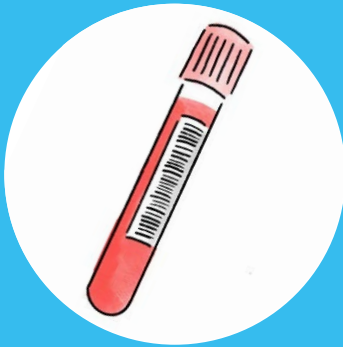




How is it diagnosed?

You will be asked questions about your child's symptoms. The clinician will look in your child's throat.

Most of the time further tests are not needed.



If glandular fever is suspected, bloods can be done to confirm the diagnosis.

Caring for your child at home

If your child does not have any red or amber symptoms in the traffic light advice then you can care for your child at home.

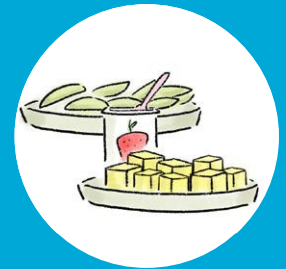
If your child is already taking medicines or inhalers, you should carry on using these. Most sore throats get better without any specific treatment.

If your child has a sore throat, you can help them by doing the following:

- 1** Give your child smaller amounts of fluid, more often



- 2** Many children refuse to eat. This is not a problem, as long as they stay hydrated. Offer small snacks



- 3** Ensure they get plenty of rest



- 4** Benzydamine spray is a local anti-inflammatory treatment that can help soothe a sore throat

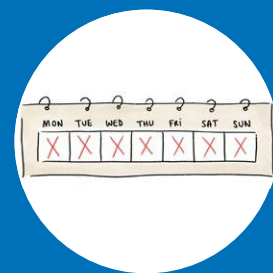


5 If your child is in pain or distressed and over 3 months old, you can give them liquid paracetamol or ibuprofen.

At home, we do not recommend giving paracetamol and ibuprofen at the same time. If your child has not improved after two to three hours you may want to give them the other medicine. Never exceed the dose on the packaging.



6 It is very important to continue the whole course of antibiotics even if your child seems better .



Make sure your child is never exposed to tobacco smoke. Passive smoking can seriously damage children's health. It can make breathing problems worse.

Remember, smoke remains on your clothes when you smoke anywhere, including outside.





Treatments

Most sore throats clear up within two to three days and don't need any specific treatment.

Antibiotics aren't routinely used to treat sore throats, this is because the infection usually clears within three days on its own and antibiotics often make no difference to the speed of this. Although they may occasionally be prescribed if symptoms persist or are particularly severe. Antibiotics can get rid of 'friendly bacteria' from the gut, which can temporarily upset the bowels. Overuse of antibiotics encourages resistant bugs to breed.

Antibiotics are more likely to be prescribed if your child



has pus on the tonsils



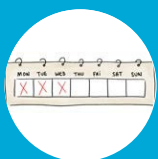
has tender lymph glands in the neck



does not have a cough



has a high temperature



not easing after a few days



It is common for a doctor to advise a 'wait and see' approach for three days, in most cases the infection does clear. However, if it doesn't clear then antibiotics may be advised.