YOUR CHILD’S SORE THROAT

Most sore throats do not need an antibiotic. Only strep throat needs an antibiotic.

A viral sore throat and strep throat can look the same. Your doctor may order a lab test to see if your child has strep throat.

Signs of a sore throat:
- Pain
- Bright red and/or enlarged tonsils
- White patches on tonsils
- Swollen neck glands
- Fever

What you can do at home:
- Allow extra sleep/nap time
- Provide lots of fluids
- Give acetaminophen or ibuprofen as needed for pain or fever
- Keep your home smoke-free
- Children age 8 or older can gargle with warm salt water (1/2 teaspoon of salt in 8 ounces of warm water)

Call your doctor if your child has a sore throat and has any of these signs:
- Fever without a cough or stuffy nose
- Sore throat symptoms that do not improve within 7 days
- Ear pain
- Drooling or throat pain that gets worse
- Trouble breathing
- Red or sore joints
- Rash

Get Smart about Antibiotics!

<table>
<thead>
<tr>
<th>Illness</th>
<th>Usual Cause</th>
<th>Antibiotic Needed?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Virus</td>
<td>Bacteria</td>
</tr>
<tr>
<td>Cold</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Bronchitis</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Sore throat</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Ear infection</td>
<td>X</td>
<td></td>
</tr>
</tbody>
</table>

There’s no excuse for overuse!