

# 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 tea-spoon 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!

Illness	Usual Cause		Antibiotic Needed?
	Virus	Bacteria	
Cold	X		No
Bronchitis	X		No
Sore throat	X		No
Ear infection		X	Sometimes

**There's no excuse for overuse!**