

Sore Throat



Your child has a red, sore throat. Here are some things you can do at home to help your child feel better:

Try to get fluids into your child:

- Have your child drink at least eight glasses (8 oz. each) of liquids like apple juice, grape juice, or water each day.
- Sipping warm chicken broth or tea can also soothe the throat.
- Ice chips may help to soothe the pain and dryness in your child's throat.
- Your child may get fluids from foods like applesauce, popsicles or Jell-O™.

Do **NOT** give your child citrus juices (orange juice, grapefruit juice) or salty soups. They may sting your child's sore throat.

For sore throat pain:

- Do **NOT** use aspirin.
- You may give your child acetaminophen, found in products such as Tylenol™, Tempra™ or generic brands.
- You may give your child ibuprofen, found in products such as Advil™, Motrin™ or generic brands.
- Do not mix medicines unless your healthcare provider tells you to give more than one kind of pain reliever.

Follow the directions on the medicine label for how much medicine to give and how often it can be given. Do not give your child more medicine than the directions tell you unless your child's healthcare provider says it is okay. Too much medicine can be harmful.

- Saltwater gargles (8 ounces warm water to 1 teaspoon salt) used two to three times a day may help. **Be sure your child spits out the salt water after gargling.**

When does your child need medical care for a sore throat?

See your child's doctor or nurse practitioner if your child:

- Does not get better in five days
- Has a temperature that is 101° F or higher by mouth or 100° F or higher under the arm
- Has sores in his or her mouth or cannot control his or her drooling
- Acts like he or she feels very bad
- Has a change in the way his or her breathing sounds, or looks and acts like it hurts to breathe

Children with certain types of sore throats should be excluded from school or child care, until they have received treatment. An example is a child with strep throat (Streptococcal pharyngitis). For additional information about exclusion when a child has a sore throat or fever, see the DPH Child Care and School Exclusion Lists of Contagious or Communicable Diseases at www.dph.sc.gov/diseases-conditions

Brand names used in this document are only meant to be examples. DPH does not endorse any of the brand names in this document.

Child's Name _____

School Nurse _____

Date _____

School _____

School Phone Number (_____) _____



**SOUTH CAROLINA
DEPARTMENT OF
PUBLIC HEALTH**

<http://www.dph.sc.gov/health-wellness>

Bureau of Maternal & Child Health • Division of Women & Children's Services