



Children's Health

Strep Throat

TIPS TO RELIEVE THE PAIN

Sore throats in children are a common complaint, especially during the winter months. A mild sore throat can be caused by low humidity, pollution, smoke and yelling. However, most are caused by a viral infection.

Strep throat is most often caused by the streptococcus bacteria and is common in children between the ages of 4 and 11. The sore throat will usually last about five to seven days. A proper diagnosis is difficult based on symptoms alone. A doctor will take a throat culture (a sample of mucus and fluids from the back of the throat) to determine if the streptococcus bacteria are present.

TREATMENT

It's important to treat strep throat with antibiotics. Make sure your child takes all the medication for a full 10 days or until it's all gone to prevent complications.

TIPS FOR RELIEF

- ▶ Give your child plenty of fluids.
- ▶ Feed your child soft foods, such as gelatin, soup, applesauce and popsicles.
- ▶ Have your child gargle with salt water to help relieve the soreness in the throat.
- ▶ Give your child acetaminophen or ibuprofen to help relieve pain and fever symptoms.

SYMPTOMS OF STREP THROAT

- fever of 101°F or higher
- white or yellow coating on the tonsils
- swollen glands in the neck
- difficulty swallowing
- swollen tonsils and uvula
- widespread red rash
- mild cough and hoarseness
- headache
- stomach pain, nausea or vomiting

