



Bulldog Care Card

_____Sore Throat_____

A sore throat is usually caused by a virus or bacteria. It may be called pharyngitis or strep throat. It may be part of a cold, mononucleosis, sinus drainage, ear infections, allergies or tonsillitis. Strep throat is usually sudden severe onset of sore throat with red or white patches on the tonsils or throat. Fever is usually present and sometimes is accompanied with a stomach ache, headache or a rash. Children with any of these symptoms need to be tested for strep.

Sore Throat Precautions: Viral sore throats are contagious from onset of sore throat until fever is gone. If no fever and child is not positive for strep, the child does not need to stay home. If positive for strep, child is contagious from onset of sore throat until fever is gone and child has had 24 hours of antibiotics. Stay home until fever (99.7 per school policy without the aid of medication) is GONE. **Hold at home for a minimum 24 hours after first dose of antibiotics if strep positive.**

Prevention: Encourage proper handwashing for all involved with the child. Do not allow sharing of drinking and eating utensils. A new tooth brush after 24 hours on antibiotics is also recommended.

Home Care: Your child should eat a regular diet. Do not force your child to eat. Encourage liquids, cold or warm. Avoid citrus or milk products, they tend to irritate the throat. Use hard candy or throat lozenges for children over 4 years of age. Older children may be able to find relief by gargling with warm salt water. Use Tylenol or Ibuprofen for fevers greater than 102 degrees. Please follow package guidelines.

Call your child's Doctor or take to the ER for evaluation if:

- Fever over 102 degrees F (38.9 C) that lasts for more than two days
- Fever over 101 degrees F (38.3 C) for more than three days
- Ear pain
- Acts very sick
- Your child will not drink
- Trouble swallowing
- Your child has not had a wet diaper or urinated in 12 hours
- Vomiting
- **Trouble breathing GO straight to the ER**
- **Drools or cannot swallow GO straight to the ER**
- You have any concerns or questions

Special Concerns:

If your child has a chronic or serious health problem or is under 3 years old, call your doctor for special instructions. This form does not replace instructions your doctor provides to you.

References: Children's Hospital of St. Louis, Children's Mercy Hospital Kansas City, Mayo Clinic, CDC

