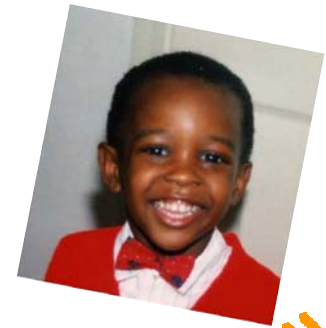


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Sore
Throats,
Strep Throat
& Your Child





Sore throat / Strep throat



What causes sore throats?

Most sore throats are caused by **viruses**, and are normal when you have a cold. If your child has sinus drainage because of allergies, cigarette smoke or weather conditions, his/her throat may become irritated and sore.

What causes strep throat?

Some sore throats may be caused by **bacteria**, called Group A Streptococcus. That's where the name "**strep throat**" comes from.

How does my doctor tell the difference between a sore throat and strep throat?

A runny nose and cough with a sore throat usually means a virus has caused the sore throat.

If your child has signs of strep throat, such as fever, headache or white patches in his/her throat, your doctor may want to run a test... either a rapid strep test or a throat culture.

What can be done for a sore throat?

- It may take 7-10 days for your child to get over a sore throat.
- Give acetaminophen or ibuprofen for pain
- Offer plenty of fluids or popsicles
- Your child should get extra rest/sleep
- **Antibiotics WILL NOT help your child feel better**



Antibiotics: Wise Use, Not Overuse!!!



What can be done for strep throat?

IF the rapid strep test or throat culture is **positive**, your doctor **WILL prescribe an antibiotic**.

Follow the instructions for taking the medicine.

Untreated or improperly treated strep throat can lead to serious complications, such as rheumatic fever.

What else should I know?

Disease-causing bacteria can become resistant to antibiotics when antibiotics are used improperly or overused. Antibiotic resistant bacteria are **harder** to kill, and pose serious health threats to your child & others. Some illnesses caused by resistant bacteria must be treated in the hospital, and some resistant bacteria cannot be treated at all.

Can I help stop resistant bacteria?

- Talk with your doctor... ask if your illness is caused by bacteria or viruses
- Let your doctor decide when antibiotics are necessary and useful
- Take antibiotics as directed; DO NOT give your child someone else's antibiotics
- Throw away any unused antibiotics
- Prevent infections... wash hands with soap & warm water to stop spread of bacteria & viruses
- Protect your children from cigarette smoke