

Contact your GP (or call 111) again

Although in most cases the sore throat improves in few days, please contact the GP if any of the following occurs:

1. Your child persistently refuses oral fluids and has not passed urine for over 18 hours.
2. The fever does not settle within four or five days.
3. Your child develops difficulty in swallowing despite regular paracetamol or ibuprofen.
4. Your child starts drooling because they cannot swallow their saliva.

Call 999

If your child develops severe breathing difficulties

Useful contacts:

Your GP surgery on:.....
(Please insert surgery number here)

GP Out of Hours: (After 6.30pm and before 8am). Ring **111** and you can speak to a doctor. If necessary, your child can be seen at one of their centres.

Bristol City Walk-in Centre at Broadmead Medical Centre located in Boots (Mon-Sat 8am-8pm, Sundays and Bank Holidays 11am-5pm) on: **0117 954 9828**

South Bristol NHS Community Hospital Urgent Care Centre (Every day 8am-8pm) on: **0117 342 9692**
Visit www.nhs.uk to find your nearest centre.

If your child is seriously ill, you may be asked to attend the Children's Hospital emergency department.

For further copies of this leaflet, or if you would like it in other formats or languages, please contact 0117 900 2384.

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Parent's guide to a sore throat



Your child has been diagnosed with a sore throat which is very common in children.

What causes a sore throat?

It is usually caused by a virus, and less commonly by other germs such as bacteria. It is sore because of inflammation of the upper throat (pharyngitis), tonsils (tonsillitis) or voice box (laryngitis).

A sore throat is at its worst during the first few days after which it normally starts to improve.



What is the treatment of a sore throat?

If it is caused by a virus, there is no specific treatment and it will get better on its own. The following will help control the pain and effects of a sore throat:

1. Pain killers – medicines such as paracetamol and Ibuprofen help with pain, and using them regularly for the first couple of days is often necessary. They may also bring down fever, but there is no need to use them just for fever if your child seems otherwise well and happy. Please read the labels and use these medicines according to the instructions.
2. Pain killer spray - sometimes a spray to numb the throat is prescribed in more severe cases which may help the child to drink more fluids.
3. Fluids - offer your child plenty of drinks to avoid dehydration, as this can cause headaches and tiredness. With fluids, giving 'little and often' is best, especially if they feel sick. Small sips are often better than a full glass of fluid. Don't forget, ice lollies and ice cream can soothe a sore throat, and are a good source of fluid.
4. Antibiotics - most children do not need antibiotics, as viruses get better on their own with time. If the sore throat is caused by an infection with bacteria, the doctor will prescribe an antibiotic. This is usually obvious when the doctor looks in your child's throat as they will see pus with a bacterial infection. Antibiotics should not be used for viral infections as they may cause problems (such as diarrhoea) and won't make things better.

