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STREP THROAT

Strep throat is a bacterial infection that is diagnosed by a rapid strep test or a throat culture. It requires antibiotic treatment to help eliminate the fever and sore throat, but most importantly to prevent rare but serious complication of rheumatic fever (heart disease). You **MUST** make sure to give your child the antibiotic for the full amount of time prescribed, even if your child seems well.

Symptoms of strep throat can include:

Sore throat	Painful swallowing
A red throat	White spots or pus on the tonsils
Fever	Headache or stomachache
Swollen lymph nodes in the neck	A rough sandpapery-feeling rash on the body

What is the treatment for strep throat?

Antibiotics. Give the medicine as prescribed and do not forget any doses. Treat for the full 10 days to kill off all of the strep bacteria. One single long-acting penicillin shot (Bicillin) is another option for treatment if your child is vomiting or it will be very difficult for you to give the oral medicine regularly. Acetaminophen (Tylenol) or ibuprofen (Advil / Motrin) can be given for temperatures of 100.4 or higher or for significant throat pains.

Children over 8 can gargle with warm salt water (1/4 teaspoon of salt per glass)

Children over 4 can suck on hard candy as a soothing measure

Your child may have difficulty eating because of pain and may prefer a soft diet (yogurt, eggs, oatmeal, mashed potatoes, pudding)

Make sure your child is drinking liquids well, such as water, Gatorade, popsicles, or tea. Avoid very acidic beverages such as soda, orange juice, or lemonade.

Your child may return to school / daycare after 24 hours of antibiotics provided he/she is feeling better and has no fever.

Replace your child's toothbrush with a new one after 24 hours of antibiotics.

Do not let your child share food / drinks / utensils with anyone else.

Call our office if:

Fever lasts more than 48 hours after starting antibiotics.

Your child has any difficulty breathing.

Your child vomits frequently or for over 24 hours.

You are concerned that your child is getting dehydrated (dry lips and mouth, no tears when crying, no urine in over 8 hours).

Your child begins drooling, has much worse pains on one side of the throat than the other, cannot open his mouth wide, or develops a muffled sounding voice.

For any urgent or emergent medical concerns, please call 911 or go immediately to the nearest emergency department.