

Children's Emergency Department

Sore throat - parent/carer discharge information



Sore throats are a very common illness in babies and children. They tend to be more common during winter months. An older child will complain of a sore throat, but a younger child or baby may refuse to eat or drink and may cry during feeding. Their throat may appear red.

Sore throats are usually caused by a viral infection and less often by bacteria. Throat infections in children under the age of 2 years are usually viral in origin. There is no treatment for viral infections - antibiotics only kill bacteria and have no effect on viruses.

What should I do now?

- It is important to keep your child comfortable and help them to eat and drink
- Encourage your child to drink plenty of fluids: warm fluids and soft foods will be easier to swallow
- Throat lozenges may help your child feel more comfortable but are of no clinical benefit

What medication can I give to my child/adolescent?

Paracetamol and or Ibuprofen (if applicable) to be given for pain.

Paracetamol 4-6 hourly last given at.....

Ibuprofen 6-8 hourly last given at.....



Patient Information

When should I seek medical advice?

- Drooling and great difficulty swallowing and/ or difficulty breathing
- A high fever, your child looks or acts very ill, neck stiffness, headache, discomfort when exposed to light, drowsiness, cold arms/ hands and legs/ feet, seizures or a new rash which does not fade when a glass is rolled over it.
- Increased snoring when asleep or pausing in breathing when asleep
- Enlarging tender lumps in the neck

For further advice/information:

- Call 111 (24 hours a day)

Contact your GP if sore throat persists for longer than 48 hours or if your child is drinking little for more than 24 hours.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 6934 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet, please email feedback@uhcw.nhs.uk

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