



1285 Hembree Road
Suite 100
Roswell, GA 30076
770-442-1050
www.northfultonpediatrics.com

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.