

Strep Throat Infection

Definition

Your child has a strep throat infection diagnosed by a throat culture or rapid strep test. The treatment of strep throat can prevent some rare, but serious complications, namely, rheumatic fever (heart disease) or glomerulonephritis (kidney disease). In addition, treatment usually eliminates the fever and much of the sore throat within 24 hours.

Home Treatment

Antibiotics. Your child's antibiotic is _____. Your child's dose is _____ given _____ times each day, during waking hours, for _____ days.

Try not to forget any doses. Give the medicine until all the pills are gone or the bottle is empty. Even though your child will feel better in a few days, give the entire antibiotic for the entire course to keep the strep throat from flaring up.

Local Pain Relief. Older children can gargle with warm saltwater (1/4 tsp of salt per glass) or suck on hard candy. Younger children can be given 1 tsp of corn syrup periodically to soothe the throat. Since swollen tonsils can make some foods hard to swallow, provide your child with a soft diet for a few days. Acetaminophen or Ibuprofen may be given if your child has a fever over 102°F (39°C) or in a great deal of throat discomfort.

Contagiousness. Your child is no longer contagious after he or she had taken the antibiotic for 48 hours. Therefore, your child can return to school after 2 days if he or she is feeling better.

Throat Tests for the Family. Strep throat can spread to others in the family. Any child who lives in the home and has a fever, sore throat, runny nose, headache, vomiting, or sores, doesn't want to eat, or develops these symptoms in the next 5 days should be brought in for a throat test. In most homes we need to test only those who are sick. (**Exception:** In families where relatives have had rheumatic fever or frequent strep infections, all children should come in for a throat test).

Follow-up visit. Repeat throat tests are unnecessary if your child receives all of the antibiotics.

Call Our Office...

Immediately if:



Your child develops drooling.



Your child develops great difficulty with swallowing.



The fever lasts for over 48 hours after starting antibiotics.



You feel your child's getting worse.

Office phone (972) 235-9444—web site: www.doctorlin.yourmd.com

Adapted from YOUR CHILD'S HEALTH, by Barton D. Schmitt, MD