

KENAI PENINSULA BOROUGH SCHOOL DISTRICT
HEALTH SERVICES

RECOMMENDATIONS FOR CARE

SORE THROAT

Student _____ Date _____ Grade _____

Student Presents the Following: _____

GENERAL INFORMATION

Sore throats have a variety of causes. A new sore throat is often caused by a virus that is self-limiting and will go away within a week. Initial home treatment for a sore throat without other symptoms can include the following:

- gargle every hour with warm salt water (1/2 tsp. per cup of warm water)
- encourage extra juices, water, and other fluids
- use a cool mist humidifier to increase moisture in the air (but do not let the room become uncomfortably cold or damp)
- encourage extra rest
- if you use an over-the-counter pain reliever, do not give your child aspirin unless directed to do so by your health care provider.

WHEN TO GO TO THE DOCTOR

Some sore throats are more serious. Sore throats with the following symptoms are among those that should be seen by your doctor.

- a sore throat with difficulty breathing
- a sore throat with a fever
- a sore throat that has lasted a week or more
- a sore throat with a body rash
- a sore throat with drooling, difficulty swallowing, spots in the back of the throat or swollen lymph nodes in the neck
- a sore throat with a muffled voice

PREVENTION

While it's not possible to entirely prevent a sore throat, it is possible to lessen your risk. Wash your hands often, do not use the eating and drinking utensils of others and increase your fluid intake.

For more information please contact your family medical provider or school nurse.

