



# SORE THROAT

## COMMON CHILDHOOD AILMENTS

### SYMPTOMS

A sore or painful throat when swallowing, it may also be dry and feel scratchy. There may be redness in the back of the mouth and breath could be smelly. They may also have a mild cough and swollen glands in the neck area.



### INCUBATION

This is not infectious.  
If you think your child is getting worse - seek advice straight away.



### TREATMENT

Drink plenty of water, eat cool or soft foods, avoid smoky places. Speak to a GP if the sore throat doesn't improve after a week or your child becomes more unwell. Antibiotics will be offered for a bacterial infection.



### TOP TIPS

Call 999 if your child has difficulty breathing, are unable to swallow or are drooling – this can be a sign of not being able to swallow.

### FURTHER SUPPORT



Go to [111.nhs.uk](https://111.nhs.uk)



Call 111



Remember, if in doubt, call 111