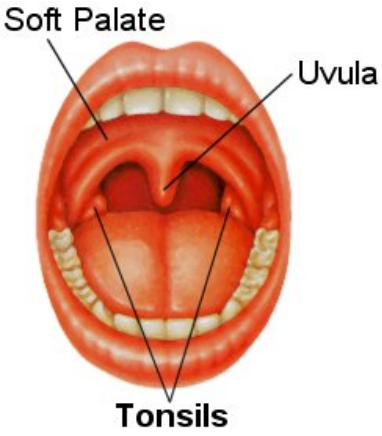
Tonsillitis

Tonsils are lumps of tissues at the back of the throat. Tonsillitis is an infection of the throat that causes the tonsils to become red, tender and puffy (*swollen*). If the tonsillitis is severe and happens often, you may need to get your tonsils removed (*tonsillectomy*).



HOME CARE

- Rest as much as possible.
- Drink plenty of fluids. While the throat is sore, eat or feed your child soft or liquid foods like:
  - Milkshakes.
  - Ice cream.
  - Soups.
- Children may suck on frozen juice bars or popsicles.
- Older children and adults may gargle with a warm or cold liquid to help soothe the throat. Gargle with a water and salt mix.
- Family members who have a sore throat or fever should be checked.
- Do not go to work or school until your fever is near normal.
- Only take medicines your doctor gives you.

GET HELP IF:

- You or your child has a temperature by mouth above 102° F (38.9° C).
- Your baby is older than 3 months with a rectal temperature of 100.5º F (38.1° C) or higher for more than 1 day.
- Large, tender lumps in the neck develop.
- A rash is seen.
- Yellow-brown, or bloody spit is coughed up.

GET HELP RIGHT AWAY IF:

- You or your child has a temperature by mouth above 102° F (38.9° C), not controlled by medicine.
- Your baby is older than 3 months with a rectal temperature of 102º F (38.9º C) or higher.
- **Your baby is 3 months old or younger with a rectal temperature of 100.4º F (38º C) or higher**.
- There are any new problems such as vomiting, headache, stiff neck, chest pain, or trouble breathing or swallowing.
- There is more worse throat pain and drooling.
- You or your child are unable to fully open your mouth.
- Your voice changes.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

Document Released: 06/05/2009 Document Re-Released: 10/15/2010
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