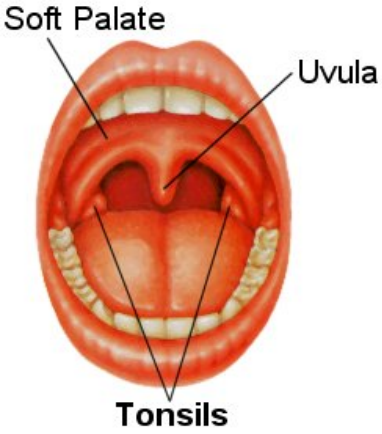
Viral Pharyngitis

Viral pharyngitis is a sore throat caused by a cold virus. *This is not a strep throat.* This does not require treatment by an *antibiotic* (medications that kill germs). It will get better on its own. Antibiotics generally will not help unless this condition is followed by a *bacterial* (germ) infection.



HOME CARE INSTRUCTIONS

- Drink or give your child plenty of fluids. Soft, cold foods such as ice cream, popsicles, or jello may be used.
- Gargle with warm salt water (one teaspoon salt per quart of water).
- If over age 7, throat lozenges may be used safely.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver. DO NOT USE ASPIRIN.

SEEK MEDICAL CARE IF:

- You are better in a few days, then become worse.
- You have a fever or pain unresponsive to pain medicines.
- There are any other changes that concern you.

Diagnostic tests may have been performed. If you have not received results at time of discharge, receive instructions as how to obtain these results.

Document Released: 09/27/2006 Document Re-Released: 06/05/2009
ExitCare® Patient Information ©2011 ExitCare, LLC.