

TIPS FROM PAEDIATRICIANS

BØRNELÆGERNES
BØRNETIPS

SORE THROAT

Most children experience having a sore throat. This is often caused by a throat infection. A sore throat can come with a fever, a cough, bad breath and sore muscles and joints. The glands on either side of the neck may also be swollen and sore. Most throat infections are caused by a virus and cannot be treated with antibiotics, such as penicillin, but they go away by themselves after 3-7 days.

Advice:

- Make sure that your child drinks plenty of fluids.
- Give food and drinks that are easy for the child to swallow such as lukewarm tea or cold ice cream.
- Do not hesitate to give your child paracetamol (such as Panodil® Junior, Pinex®, Arax® Junior or Pamol®) to ease the pain. Follow the instructions on the package.

Call your general practitioner in the daytime. After that, call the medical on-call service or the emergency helpline if your child:

- Drools a lot and has difficulty swallowing
- Finds it hard to open his or her mouth
- Is not drinking much, and there are more hours than usual between urinating
- Looks like he or she is struggling to breathe
- Is lethargic and tired
- Has pain when swallowing and a fever that lasts longer than three days without getting better

Or if you just feel that things are going in the wrong direction, even though you have tried the advice in this guide.



You can also watch the “Tips from paediatricians” film about a sore throat at:

www.boernelaegernesboernetips.dk.

Scan the QR code and watch the film

