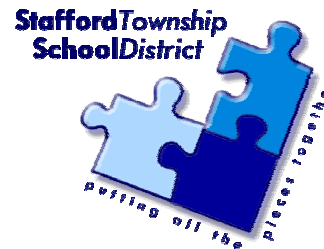




Call your health care provider if you have any questions or concerns of if your child has:

- A hard time breathing
- A rash
- Not been able to swallow liquids for 12 hours or more
- Extreme weakness or unusual behavior
- Severe headache or severe stomachache that does not go away
- Yellow color (jaundice) to the skin
- Dark urine
- Symptoms that last longer than 3 weeks.



For additional information contact your school nurse at 609-978-5700

Primary Learning Center x1276
Ocean Acres x1113
Oxycocus x1073
McKinley Avenue x1140
Intermediate x1074
District Nurse Coordinator x 1205

Wellness Series

Keeping students healthy,
fit and eager to learn


Caring for your Child's Sore Throat






Caring for your child's Sore Throat

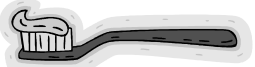
You can care for your child's sore throat at home by following these directions:

- An older child may gargle with warm salt water (mix 1 teaspoon of salt in an 8 ounce glass of warm water). 
- Ask your doctor about giving your child acetaminophen or ibuprofen. **Do not give your child aspirin.** Aspirin has been associated with Reye's Syndrome, a rare but serious illness.
- It is important for your child to drink plenty of flu-

ids. If under 1 year old, your doctor may suggest using Pedialyte®  or another infant solution. Do not use plain water or boiled milk. If over 1 year old, give your child a sports drink, punch, apple juice or ice pops.

- If a throat culture was taken on your child, you will receive the results within 48-72 hours if the test was positive for strep throat. If you have questions about strep throat, call your child's doctor.
- If medicine was prescribed, be sure to give it to your child as you were instructed. Your child should take all the medicine until it is gone even if he/she feels better.
- If your child is taking medicine for strep throat, he/she may return to school or to daycare 24 hours after starting the anti-

biotic medicine.

- To keep germs from spreading, it is important to wash your hands frequently. If anyone in your family gets a fever, sore throat or swollen lymph glands in the neck, have them see their doctor.
- Replace your child's toothbrush with a new toothbrush  1-2 days after your child starts the antibiotic medicine.

Wash hands frequently to keep germs from spreading.

If anyone in the family gets a fever, sore throat, or swollen lymph glands have them see a doctor.