

Fast Facts

Tonsillitis

- Tonsils are two oval-shaped pads of tissue (one on each side) in the back of your throat
- When you're a child, they play a significant role in your immune system
 - When tonsils are infected, it's known as tonsillitis
 - Caused by virus or bacteria
- Typically infects children between preschool to mid-teens because their role in your immune system declines after puberty
- Can lead to serious complications, like difficulty breathing, tonsillar abscess, rheumatic fever

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> -Red/swollen tonsils -White/yellow patches on the tonsils -Sore throat -Difficult/painful swallowing -Fever -Enlarged glands in the neck -Bad breath -Stiff neck -Headache -Stomachache <p><i>Young Children:</i></p> <ul style="list-style-type: none"> -Unusually fussy -Drool/refuse to eat 	<p><i>Viral:</i></p> <ul style="list-style-type: none"> -Get better on own in 7 - 10 days <p><i>Bacterial:</i></p> <ul style="list-style-type: none"> -Needs antibiotics <p><i>Both:</i></p> <ul style="list-style-type: none"> -Encourage to rest -Drink plenty of water -Give warm or cool liquids -Gargle with salt water or suck on lozenges (if old enough) -Sleep in a room with cool-air humidifier -Sit in a steamy bathroom -Avoid anything that might irritates the throat (cigarette smoke or cleaning products) -Treat any fevers or pain ibuprofen or acetaminophen. 	<p><i>Teach Children:</i></p> <ul style="list-style-type: none"> -Thoroughly and frequent handwashing -Don't share food, glasses, water bottles and utensils with others -Sneeze/cough into tissue or elbow (wash hands after) <p><i>Prevent Spread:</i></p> <ul style="list-style-type: none"> -Keep child home until doctor says it's okay for them to return to school or daycare

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