

Tonsillitis

Tonsillitis is a common childhood illness but teenagers and adults can get it too. It usually goes away on its own after a few days.

Tonsillitis can feel like a bad cold or flu. The tonsils at the back of your throat will be red and swollen.

The main symptoms in children and adults are:

- a sore throat
- difficulty swallowing
- hoarse or no voice
- a high temperature of 38C or above
- coughing
- headache
- feeling sick
- earache
- feeling tired



Sometimes the symptoms can be more severe and include:

- swollen painful glands in your neck – feels like a lump on the side of your neck
- white pus-filled spots on your tonsils at the back of your throat
- bad breath
-

Your child can return to school/nursery if they are feeling fit and well and showing no other symptoms.

How long Tonsillitis lasts

Symptoms will usually go away after 3 to 4 days.

Tonsillitis **isn't contagious** but the infections that cause it are (for example, colds and flu).

To stop these infections from spreading:

- stay off work or keep your child at home until you or your child feel better
- use tissues when you cough or sneeze and throw them away after
- wash your hands after coughing or sneezing

How to treat Tonsillitis yourself

Tonsillitis usually has to run its course.

To help ease the symptoms:

- get plenty of rest
- drink cool drinks to soothe the throat
- take paracetamol or ibuprofen (don't give aspirin to children under 16)
- gargle with warm salty water (children shouldn't try this)

How to gargle with salty water

A pharmacist can help with Tonsillitis

Speak to a pharmacist about Tonsillitis. They can give advice and suggest treatments to ease a sore throat like:

- lozenges
- throat sprays
- antiseptic solutions