

Strep Throat

Strep throat is a bacterial infection of the throat. It is caused by a Streptococcus bacteria.

Frequent Signs & Symptoms

Strep throat typically causes throat pain and difficulty swallowing. Other symptoms may include:

- Redness or inflammation of the throat
- Neck tenderness and swelling
- Pus or white patches on tonsils
- Swollen tonsils
- Headache
- Fever

Causes

Germs are spread by contact with another person whether it is direct contact such as kissing or indirect contact such as breathing in germs from the air or touching a contaminated surface then touching your face. Most commonly germs are spread when drinking after someone or sharing eating utensils. A person typically has symptoms within 2-5 days of exposure. A person without symptoms can still spread the germs.

Prevention

Avoiding germs and practicing good hygiene is the best way to avoid infection. Tips for avoiding infection include:

- Avoid contact with people who are sick.
- Wash your hands thoroughly and frequently with soap and warm water for at least 20 seconds.
- Avoid sharing food and drinking after others.
- Use alcohol based hand sanitizer when hand washing is not available.
- Regularly clean frequently touched surfaces with sanitizing cleaner.

Diagnosis

Diagnosis requires an examination of your throat by your health care provider and often requires testing such as a rapid strep test or throat culture.

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Treatment

Your health care provider will need to prescribe an antibiotic such as Amoxicillin to treat strep throat. It is very important to notify your provider of any medication allergies you may have. Be sure to take the full course of antibiotics even if symptoms are better.

Over-the-Counter medications such as acetaminophen or ibuprofen can be used to ease pain and fever.

Frequent warm salt water gargles (1/2 teaspoon salt in 1 cup water) can help to relieve sore throat.

Also over-the-counter throat lozenges and sprays may help reduce pain.

Activity

Get plenty of rest and increase fluids.

A person is no longer contagious after they have been on antibiotics for 24 hours.

Throw away your toothbrush and get a new one after you have been on antibiotics for 24 hours and then again when you have completed the antibiotic regimen.

Diet

You may want to consider a liquid or soft diet while your throat is sore.

Be advised you may want to avoid hard foods such as chips to decrease the risk of choking especially if you have difficulty swallowing or swelling.

If symptoms worsen or do not improve, return to the clinic.

If you have worsening of symptoms when the Health and Wellness Center is unavailable, please follow up with the local ER or Urgent Care.

Additional Information: _____
