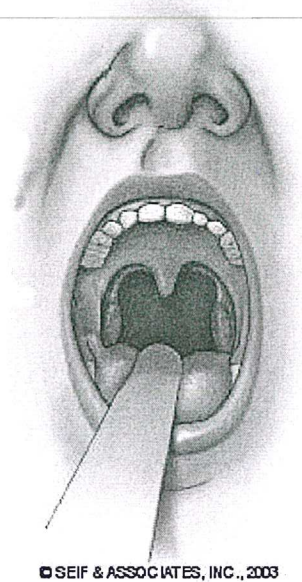


Strep Throat

Strep throat is an infection of the throat. It is caused by germs. Strep throat spreads from person to person because of coughing, sneezing, or close contact.



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HOME CARE

Medicines

- Take over-the-counter and prescription medicines only as told by your doctor.
- Take your antibiotic medicine as told by your doctor. **Do not** stop taking the medicine even if you feel better.
- Have family members who also have a sore throat or fever go to a doctor.

Eating and Drinking

- **Do not** share food, drinking cups, or personal items.
- Try eating soft foods until your sore throat feels better.
- Drink enough fluid to keep your pee (*urine*) clear or pale yellow.

General Instructions

- Rinse your mouth (*gargle*) with a salt-water mixture 3–4 times per day or as needed. To make a salt-water mixture, stir $\frac{1}{2}$ –1 tsp of salt into 1 cup of warm water.
- Make sure that all people in your house wash their hands well.
- Rest.
- Stay home from school or work until you have been taking antibiotics for 24 hours.
- Keep all follow-up visits as told by your doctor. This is important.

GET HELP IF:

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- Your neck keeps getting bigger.
 - You get a rash, cough, or earache.
 - You cough up thick liquid that is green, yellow-brown, or bloody.
 - You have pain that does not get better with medicine.
 - Your problems get worse instead of getting better.
 - You have a fever.

GET HELP RIGHT AWAY IF:

- You throw up (*vomit*).
- You get a very bad headache.
- Your neck hurts or it feels stiff.
- You have chest pain or you are short of breath.
- You have drooling, very bad throat pain, or changes in your voice.
- Your neck is swollen or the skin gets red and tender.
- Your mouth is dry or you are peeing less than normal.
- You keep feeling more tired or it is hard to wake up.
- Your joints are red or they hurt.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.