

# **SORE THROAT or STREP THROAT**

You have been diagnosed with pharyngitis (sore throat), an inflammation of the throat.

## **SYMPTOMS:**

- Sore throat
- Painful swallowing
- Fever
- Swollen glands in your neck

## **CAUSES:**

- Viral infections such as a cold, flu, or mono are the most common causes of pharyngitis. There is no antibiotic which is effective against a virus. This type of infection usually lasts 5-7 days.
- Bacterial infections (strep throat) can also cause pharyngitis. A bacterial infection is treated with an antibiotic.

## **CARE:**

- If you're prescribed an antibiotic, take all the pills until they are gone – even if you're feeling better.
- If you had a throat culture done, your doctor may want to be sure you have a bacterial infection before giving you antibiotics. If your culture is positive, you will be notified and an antibiotic will be prescribed.
- Gargle with warm salt water ( $\frac{1}{4}$  teaspoon in one cup water).
- Use throat lozenges or sprays which you can buy over-the-counter.
- If you're coughing, use cough suppressant medication.
- Avoid smoking, alcohol, coffee, and hot or spicy foods.
- Take Tylenol or Ibuprofen (Motrin, Advil) as directed.
- If you're diagnosed with strep, change your toothbrush before finishing your antibiotics.
- Follow-up as directed at Norton Medical Center (508-286-5400).

## **Call Norton Medical Center at 508-286-5400 if you:**

- Have increasing difficulty breathing.
- Are vomiting and unable to keep fluids down.
- Have a fever above 101 degrees while you are taking Tylenol or Ibuprofen.
- Develop a red rash.
- Do not feel better in 3 days.
- Are unable to swallow your saliva or fluids.
  
- **Call 911 if you feel your sore throat is making it difficult to breathe.**