

STREP THROAT

Home Care Instructions

- Try soft, easy-to-swallow foods, such as soup, applesauce, and yogurt.
- Use a cool-mist humidifier in the bedroom.
- **Gargle with saltwater** (for older children and adults only). Mix 1 tsp salt in 8 oz of warm water.
- **Get Plenty of Rest**

-Fever

- Temp above 98.6F
- Limit activities and REST as much as possible
- Drink Plenty of fluids to prevent dehydration and replace electrolytes (Gatorade is a good option)
- Monitor and record temp if symptoms change

-Antibiotics

- Complete full course of prescribed medication

-Medications

- For fever/aches & pain/inflammation:
 - Tylenol (Acetaminophen) 325mg: 1-2 tabs every 4hrs as needed (do not exceed more than 4000mg in a 24hr period)
 - Motrin/Advil (Ibuprofen) 200mg: 1-2 tabs every 6hrs as needed

-Symptoms

- Sudden, severe sore throat.
- Pain when you swallow.
- Fever over 101°F (38.3°C).
- Swollen tonsils and lymph nodes.
- White or yellow spots on the back of a bright red throat.
- You may also have a headache and belly pain. Less common symptoms are a red skin rash, vomiting, not feeling hungry, and body aches

WARNIGN SIGNS:

When to Seek Medical Attention

- Temperature of 103°F (39.4°C) or higher
- A fever that lasts more than 3 days
- Severe joint pain or swelling
- Shortness of breath
- Rash
- You have a seizure caused by fever

Patient Education: Prevention

- stay home from work or school until 24 hours after you have started antibiotics
- Wash hands often
- Don't share drinks, utensils, or toothbrushes

For Your Information

- Strep throat is passed by a person who has strep throat expels tiny droplets into the air by coughing, sneezing, or breathing and another breathes in these tiny droplets.
- Strep throat is caused by streptococcal (strep) bacteria.
- Antibiotics shorten the time you are able to spread the disease to others (are contagious) and lower the risk of spreading the infection to other parts of your body.
- You are contagious while you still have symptoms. Most people stop being contagious 24 hours after they start antibiotics. If you don't take antibiotics, you may be contagious for 2 to 3 weeks, even if your symptoms go away.