

# Strep Throat

(Sore Throat, Tonsillitis)

## What is it?

- Caused by virus, occur with or after a cold
- Caused by dry air, smoking, air pollution, yelling
- People with allergies or stuffy nose breathe through noses at night
- **Inflammation of the tonsils or adenoids**- common in children
- **Strep Throat** - caused by streptococcal bacteria - common in children 3 to 15 years of age
- Can get strep throat even if tonsils are removed



## What are the Symptoms?

- Fever, swollen lymph nodes, tired, runny nose, cough, pain to swallow, tonsils are bright red, spotted with pus, swollen, headache, vomiting
- **Can contribute to ear infection** - blocking of tubes between ears and throat
- **Strep Throat Symptoms** - fever and sudden sore throat, fever 101 or higher, swollen lymph nodes in the neck, white or yellow coating on the tonsils
- **Mono**- common among teens and young adults contacted by kissing - severe sore throat, fatigue, fever, body aches, weakness, swollen neck lymph nodes, enlargement of the spleen is less common

## What do I need to do?

- **See a Physician or Health Care Provider**
- **Strep throat**- treated with antibiotics to prevent rheumatic fever - start within 9 days of onset
- **Mono**- diagnosed with monospot test
- Rest, drink plenty of fluids, gargle for throat pain, avoid smoke, fumes and yelling, wash hands frequently, don't share utensils, don't kiss, don't give blood

