



Central Valley Health District Information Sheet for Sore Throat Care

Sore Throats can result from many different causes:

Strep: Approximately 10-20% of sore throats are caused by the *streptococcus* bacteria and treatment with antibiotics is definitely indicated. The sore throat from *Strep* may go away without treatment, but untreated strep infections can cause rheumatic fever and kidney problems. This is why it is very important to take your medications as directed.

Other common causes are: Colds, dry air, smoking, postnasal drip, allergies, over use of your voice.

If your throat culture is “ positive”, you must take an antibiotic. It is very important to take the antibiotic as ordered, even if you are feeling better. You must be on antibiotics for 24 hours before the strep throat is no longer contagious. Exclusion from school and daycare for 24 hours after treatment is started is also necessary.

SORE THROAT CARE

Relief of sore throat pain

- Gargle with warm salt water 3 times a day (1 teaspoon of salt to 8 oz of warm water).
- Increase fluid intake: Sip on warm chicken broth or apple juice
- Suck on sugar free hard candy or a throat lozenge (over the counter).

Soft diet: Cool liquids and milk shakes can be soothing. (Swollen tonsils make some foods hard to swallow).

- Some over the counter sprays give considerable relief for throat pain.
- Vaporizer in the room if unusually dry.
- Tylenol or Ibuprofen as appropriate for age to help control fever and discomfort.
- Change your toothbrush after you've been on the antibiotic for 2 days.
- Follow-up with your MD if your sore throat doesn't improve or if you develop a fever.

RAPID STREP RESULTS WILL BE AVAILABLE WITHIN 4 HOURS

A. **NEGATIVE RAPID STREP RESULT:**

1. Treat symptoms; See Sore throat care instructions listed above.
2. Lab will grow culture for 48 hours.
 - a. If results are still negative after 48 hours, you will **NOT** be called again.
 - b. If you continue to have symptoms of a sore throat after 48 hours, please see your physician for further evaluation.
 - c. **IF RESULTS ARE POSITIVE** after 48 hours, CVHD will call you with the results as soon as they are known.

B. **POSITIVE RAPID STREP RESULT:**

1. Positive test results will be faxed to your clinic from CVHD.
2. You will need to call your Dr. and inform him of your positive throat culture results. You may need to go to your clinic and be seen by your Dr. before treatment can begin. **This policy varies between clinics.**
3. Fill your prescription and **take the medication as directed.** Be sure to finish your medication.

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