Sore Throat, Strep Throat and Tonsillitis

What to know….what to do:

- Viruses cause most sore throats; only **15% of sore throats prove to be strep**. Your physician or nurse will notify you if you are a “strep positive”!

- Tonsillitis is an infection of the tonsils.

- Drink more water or juice, tea, or honey & lemon in hot water as a feel good tool.

- Gargle with warm salt-water (1/4 tsp. per glass of water). Get plenty of rest. Suck on hard candy, Popsicle, Vitamin C drops or throat lozenges. Throat sprays (like Chloraseptic) can also provide pain relief.

- Take Tylenol Extra Strength, 2 pills every 4 hours or Ibuprofen, 2 or 3 tablets (200 mg.) every 4 hours to relieve fever, pain and discomfort.

- If you are diagnosed with **strep throat** – complete all your antibiotics. It is important to change your toothbrush 48 hours after starting treatment.

- Students with **strep throat should not** go back to class until fever is gone and you have taken antibiotics for at least 24 hours.

- If you do not have strep, antibiotics will not make your sore throat or tonsillitis resolve any faster. Viruses usually last 3-7 days but may last up to two weeks. Wear a mask when in public to minimize the spreading of the cold. Comfort care!

Visit (or return to) the Welty Student Health Center if:

- You have a hard time swallowing or breathing.
- You have a fever over 101 degrees or rash with the sore throat.