



Weill Cornell Medical College

ClinicalKey®

Patient Education:

Strep Throat

Elsevier Interactive Patient Education ©2016 Elsevier Inc

Strep Throat

Strep throat is an infection of the throat. It is caused by a germ. Strep throat spreads from person to person by coughing, sneezing, or close contact.

HOME CARE

- Rinse your mouth (*gargle*) with warm salt water (1 teaspoon salt in 1 cup of water). Do this 3 to 4 times per day or as needed for comfort.
- Family members with a sore throat or fever should see a doctor.
- Make sure everyone in your house washes their hands well.
- **Do not** share food, drinking cups, or personal items.
- Eat soft foods until your sore throat gets better.
- Drink enough water and fluids to keep your pee (*urine*) clear or pale yellow.
- Rest.
- Stay home from school, daycare, or work until you have taken medicine for 24 hours.
- Only take medicine as told by your doctor.
- Take your medicine as told. Finish it even if you start to feel better.



GET HELP RIGHT AWAY IF:

- You have new problems, such as throwing up (*vomiting*) or bad headaches.
- You have a stiff or painful neck, chest pain, trouble breathing, or trouble swallowing.
- You have very bad throat pain, drooling, or changes in your voice.
- Your neck puffs up (*swells*) or gets red and tender.
- You have a fever.
- You are very tired, your mouth is dry, or you are peeing less than normal.
- You cannot wake up completely.
- You get a rash, cough, or earache.
- You have green, yellow-brown, or bloody spit.
- Your pain does not get better with medicine.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

Document Released: 06/05/2009 Document Revised: 03/11/2013 Document Reviewed: 04/11/2016
Elsevier Interactive Patient Education ©2016 Elsevier Inc.