



ITHACA COLLEGE

Hammond Health Center

Student Health Information Strep Throat

What is strep throat?

Strep throat is a bacterial infection caused by a bacterium called Streptococcus. Not every sore throat is strep throat. Most sore throats are caused by viruses and antibiotics are not necessary.

Symptoms include:

- Sore throat
- Fever
- Swollen lymph nodes in the neck
- Red and swollen tonsils
- White patches in the back of a bright red throat
- Headache
- Rash

Diagnosis

- Rapid Strep testing is done by using a long cotton swab to take material from the back of your throat. It is sent to the lab and the results are back within a few minutes.
- A throat culture may also be sent to the lab and results take more than 24 hours to obtain

Treatment

- Antibiotics
- Rest, increasing fluids
- Over-the-counter pain reliever, ie. Ibuprofen (Motrin, Advil) or Acetaminophen (Tylenol)
- Throat lozenges, tea, popsicles
- Gargling with warm salt water (1/4 teaspoon of salt in 8oz. of warm water)

Can other people catch my strep throat?

Yes. You can give the infection to other people until you have been treated with an antibiotic for at least 24 hours.

Reviewed/Updated - 4/2012

Source – AAFP Resources