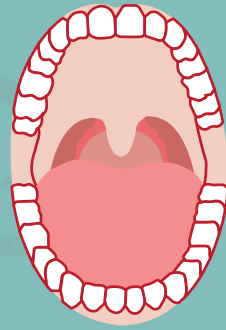


Sore throat vs. strep throat



While any number of factors can cause a sore throat, strep throat can be dangerous. Learn the warning signs and know when to get help.

SORE THROAT

WHAT IS IT?

A viral infection or a side effect of allergies

SYMPTOMS



Red, swollen tonsils



Red, swollen throat



Cold symptoms, such as coughing, headache or runny nose



Difficulty swallowing

DIAGNOSIS

A visual throat exam



TREATMENT

Over-the-counter medications, fluids and rest



LENGTH OF CONTAGION

5 to 7 days from onset of symptoms



STREP THROAT

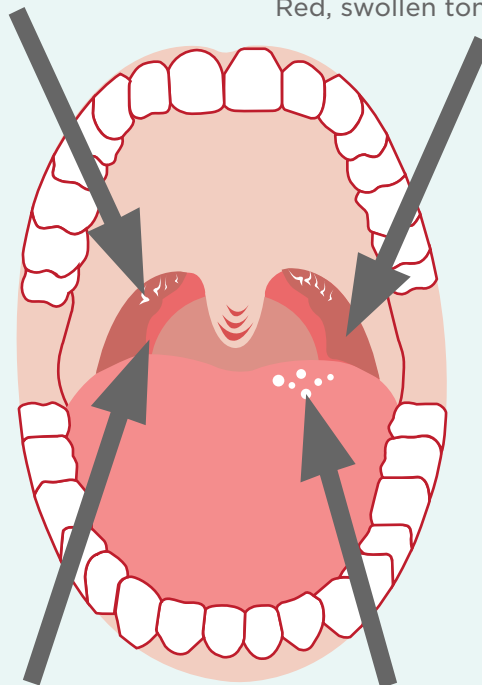
WHAT IS IT?

A bacterial infection caused by streptococcal bacteria

SYMPTOMS

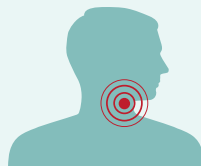
Pus in the back of the throat

Red, swollen tonsils



Red, swollen throat

White spots on the tongue



Swollen lymph nodes in the neck



Chest/neck rash



Difficulty swallowing



Fever, headache or chills

DIAGNOSIS

A throat culture swab



TREATMENT

Antibiotics, over-the-counter medications, fluids and rest



LENGTH OF CONTAGION

Without antibiotics, a few weeks;
with antibiotics, 24 to 48 hours



DON'T WAIT

If you suspect you have strep throat, see a doctor right away. **Ignoring it could:**

- **MAKE IT WORSE**
- **LEAD TO MORE SERIOUS CONDITIONS**
- **CAUSE IT TO LAST LONGER**

From the expert

"You can fight the common cold with good hygiene, rest, a healthy diet and exercise. But strep throat is harder to shake. Look for warning signs, stay healthy and never share utensils with someone with strep."

— Dr. James Lin, a board-certified internal medicine doctor with Sharp Rees-Stealy Medical Group



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