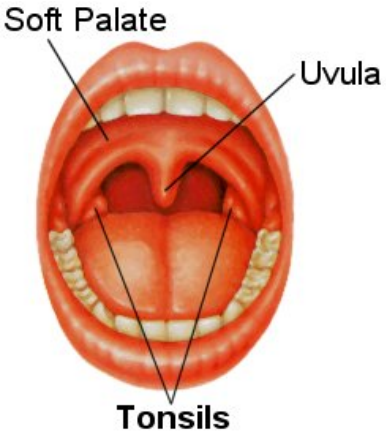
Strep Throat

Strep throat is an infection of the throat. It is caused by a germ.



HOME CARE

- Rinse your mouth (*gargle*) with warm salt water (1 teaspoon salt in 8 ounces 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.
- You may return to work when you feel able.
- Only take medicine as told by your doctor.

GET HELP RIGHT AWAY IF:

- You have new symptoms, such as throwing up (*vomiting*) or bad headaches.
- You develop a stiff or painful neck, chest pain, or trouble breathing.
- You have very bad throat pain, drooling, or changes in voice.
- Your neck puffs up (*swells*).
- Your neck becomes red and tender.
- You have a temperature by mouth above 102° F (38.9° C), not controlled by 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.

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