

STREP THROAT

VS

SORE THROAT

HOW CAN YOU TELL THE DIFFERENCE?

STREP THROAT

Caused by:
Bacteria called Group
A Streptococcus
(group A strep)

SYMPTOMS

- No Cough
- Sudden onset
- Pain when swallowing
- Red, swollen tonsils, often with white patches
- Fever > 100.4
- Swollen lymph nodes

Other symptoms of strep can include:

- headache
- stomach pain
- nausea or vomiting

Occasionally the illness can also present with a rash (scarlet fever, also called scarlatina)

TREATMENT

Antibiotics



SORE THROAT

Caused by:
Viruses
Allergens
Bacteria

SYMPTOMS

- Cough
- Swollen, scratchy throat and tonsils
- Fever
- Runny nose
- Hoarseness
- Body aches
- Mouth sores

TREATMENT

- Gargle with warm salt water (1 to 5 salt-to-water ratio) to reduce swelling and discomfort
- Sip warm liquids such as honey and lemon tea, or a broth soup.
- Use a humidifier to create a warm or cool mist
- Medicated throat lozenges
- Throat spray with phenol
- Over-the-counter pain relievers