Strep Throat

Strep throat is a throat infection caused by strep bacteria. The bacteria are spread by fluid droplets from the nose or throat of someone with strep. This occurs most often during cold winter months when people are together indoors. You can get a strep throat 2 to 7 days after being around a person who has it.

Signs of a Strep Throat

- Fever above 100.5° F or 38° C
- Chills
- Throat pain
- Trouble swallowing
- Neck swelling
- Trouble breathing
- Body aches
- Loss of appetite
- Nausea or vomiting
- Abdominal pain

The tonsils and the back of the throat may look red or swollen, and be dotted with white or yellow spots of pus.

Some rare cases of strep infection may produce a toxin that causes a bright red skin rash over your body. This rash is called scarlet fever.

鏈球菌喉炎

鏈球菌喉炎是由鏈球菌細菌引起的咽喉感染。鏈球菌感染者的鼻中或咽喉中會噴出飛沫，細菌藉此得以散佈。這一情形在寒冬的幾個月最常發生，因為人們一起處在戶內。您和帶菌者接觸 2 至 7 天之後可能感染鏈球菌喉炎。

鏈球菌喉炎的症狀

- 發燒高於華氏 100.5 度或攝氏 38 度
- 發寒
- 咽喉疼痛
- 吞嚥困難
- 頸部腫脹
- 呼吸困難
- 身體疼痛
- 喪失食慾
- 噁心或嘔吐
- 腹痛

扁桃腺和咽喉後部看起來紅或腫，並有白色或黃色膿斑點。

一些少見的鏈球菌感染病例可產生一種毒素，引起全身皮膚出鮮紅的皮疹，這種皮疹稱為猩紅熱。

Strep Throat. Traditional Chinese.

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Your Care

If you have signs of strep throat, see your doctor. Your doctor will check the back of your throat for redness, swelling, and white or yellow spots. A rapid strep test may be done by swabbing the back of your throat to check for strep bacteria. Results are often ready within 10 minutes.

If your test shows you have strep throat, you will be treated with antibiotic medicine. This can be given as a one-time shot or as pills to be taken at home. **You must take all of the pills as ordered.**

- You may return to work or school after 24 hours of antibiotic treatment and when you no longer have a fever.

- Replace your toothbrush after you have taken the antibiotics for 24 hours.

- Drink a lot of liquids.

- Use a cool-mist humidifier to add moisture to the air.

- Take your temperature at least one time each day, and treat a fever as your doctor orders.

- Do not share glasses or cups, eat off of other people's plates, or share other people's food.

- Cover your mouth when coughing or sneezing.

- Wash your hands after coughing, sneezing or blowing your nose

Call your doctor if your signs do not improve or if someone else in your family gets signs of strep throat.

醫療護理

如果有鏈球菌喉炎的症狀，請去看醫生。醫生將檢查您的咽喉後部是否有無紅腫和白色或黃色斑點。可做一個快速的鏈球菌試驗，方法是在您的咽喉後部用棉棉籤取樣，檢查有無鏈球菌細菌。通常 10 分鐘內就可得出結果。

如果試驗表明您有鏈球菌喉炎，您將用抗生素藥物治療。治療可是一次性注射或在家服藥。**您必須服完醫生開的所有藥物。**

- 在抗生素治療 24 小時後而且您不再發燒時，您可以返回工作或上學。

- 在您已服用抗生素 24 個小時之後請換用一把新牙刷。

- 喝大量液體。

- 使用涼爽噴霧式增濕器增加空氣中的水份。

- 每天至少量一次體溫，並按醫囑治療發燒。

- 不要與別人合用水杯或杯子、吃別人盤中的食物或與別人合吃食物。

- 咳嗽和打噴嚏時，請遮住嘴。

- 在咳嗽、打噴嚏或擦鼻涕之後請洗手

如果症狀不好轉，或如果家中其他人有鏈球菌喉炎的症狀，請打電話給您的醫生。

Strep Throat. Traditional Chinese.