Strep Instruction Sheet

Strep throat is a bacterial infection that requires treatment with an antibiotic. It is imperative that all medication is completed and taken as prescribed. The following will help you during your treatment:

- You will be contagious for 24 hours after taking the beginning dose of the medication you’ve been given. Do not attend class during this contagious period.

- Your pillowcase should be changed and laundered.

- If you have any dental appliance, it should be disinfected.

- If you play a musical instrument that comes in contact with your mouth, the mouthpiece should be disinfected.

- Do not share your food or drink with anyone.

- Change your toothbrush after 48 hours of being on medication. All water bottles will need to be washed thoroughly.

- For fever over 100 degrees, take two Tylenol (acetaminophen) every 4-6 hours. Increase fluid intake.

- Gargle with warm salt water. Use 1/4 teaspoon of salt dissolved in 1/2 cup of warm water. Make sure the salt is dissolved. Gargle with this solution 2 to 4 times a day.

- If you feel that you are not responding appropriately or symptoms change or worsen, please contact the UHS at x1270.