



SORE THROAT

Let's talk...

FACT



- Most cases of sore throat (pharyngitis) are caused by viruses, especially when it occurs with cough and congestion.
- Antibiotics do not work against viruses.

ANTIBIOTICS ARE NOT NEEDED IN MOST CASES*

NO ANTIBIOTICS

VS

ANTIBIOTICS



8 of 10 people who **DO NOT** take antibiotics feel better within 1 week



9 of 10 people who **DO** take antibiotics feel better within 1 week

OTHER THINGS YOU CAN DO



Take ice cubes or lozenges



Wash hands



Take fever or pain relief



Drink water



Get rest



Ask about other options

ANTIBIOTICS CAN CAUSE HARM



Nausea



Vomiting



Headache



Diarrhea

3 OUT OF 10 people who take antibiotics will experience side effects

WHEN TO SEEK FURTHER HELP

- Sore throat not improving or lasting longer than 2 weeks
- New or worsening symptoms
- New or persistent fever

ANTIBIOTIC RESISTANCE

Frequent antibiotic use reduces the chance that antibiotics will work when you need them most.



References

Spinks A, Glasziou PP, Del Mar CB. Antibiotics for sore throat. Cochrane Database Syst Rev. 2013.

Venekamp RP, Sanders SL, Glasziou PP, Del Mar CB, Rovers MM. Antibiotics for acute otitis media in children. Cochrane Database Syst Rev. 2015.

Bisno AL, Kaplan EL. Appropriate use of antibiotics: pharyngitis. Annals of Internal Medicine. 2002;136(6):489-90.

***WHEN ANTIBIOTICS MAY BE NEEDED:** Patients with strep throat confirmed by throat swab, or patients with immunosuppression, lung or heart disease, or other complicating conditions.

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