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.

*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.

References


For more information, visit publichealthontario.ca/asp

November 2018