

Strep Throat

Strep throat is a throat infection caused by strep bacteria. The bacteria 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 2-7 days after being around a person who has it.

Signs of a Strep Throat

- Fever above 101° 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.

Your Care

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.

咽喉鏈球菌

咽喉鏈球菌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，因為人們一起呆在戶內。你在一位帶菌者附近 2-7 天之後可能感染咽喉鏈球菌。

咽喉鏈球菌的症狀

- 高於華氏 101 度或攝氏 38 度的發燒
- 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

扁桃體和咽喉底部看起來紅或腫，並布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。

你的醫療

你的醫生將檢查你的咽喉底部有無紅腫和白色或黃色斑點。可做一個快速的鏈球菌試驗，在你的咽喉底部取樣，檢查有無鏈球菌細菌。經常 10 分鐘內就可出結果。

Strep Throat. Traditional Chinese.

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 others' plates, or share others' 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 the signs.

如果試驗表明你有咽喉鏈球菌，你將用抗菌素藥物治療。治療可是一次性注射或在家服藥。**你必須服完處方購買的所有藥片。**

- 在抗菌治療 24 小時後**及**你不再發燒時，你可能返回工作或再去上學。
- 在你已服用抗菌素 24 個小時之後請換一把牙刷。
- 喝許多液體。
- 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、吃別人的剩餘食物或合吃食物。
- 咳嗽和打噴嚏時，請擋住你的嘴。
- 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症狀，請打電話給你的醫生。

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