

Do you have a sore throat?

A sore throat can be very painful. It can be caused by lots of things such as:¹

Colds or flu

Blocked or runny nose, a cough, a high temperature (fever), a headache and general aches

Laryngitis

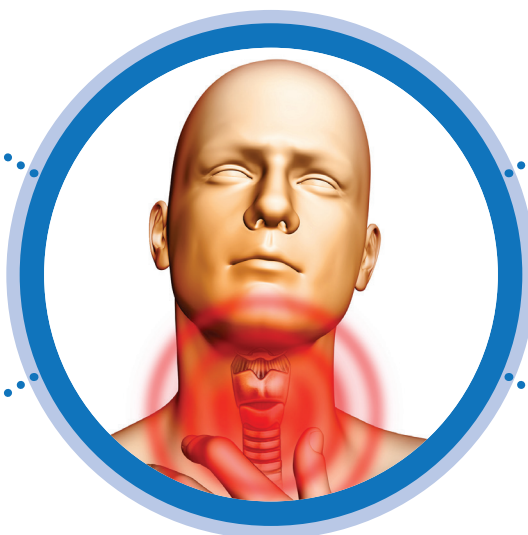
(Inflammation of the voice box)

Hoarse voice, dry cough and a constant need to clear your throat

Tonsillitis

(Inflammation of the tonsils)

Red or spotty tonsils, discomfort when swallowing and a fever



Strep throat

(Bacterial throat infection)

Swollen glands in your neck, discomfort when swallowing and tonsillitis

A particular type of bacteria called **Streptococcus A (Strep A)** causes 15% to 30% of sore throats in children and 5% to 15% in adults.²

Your pharmacist can offer you a simple test to see if your sore throat is caused by Strep A - OSOM® Strep A test

All the pharmacist needs is a swab from the back of your mouth and they can give you a **result within 10 minutes**. The test will indicate if you have a bacterial infection or not.

If you **do not have** a bacterial infection

Ask the pharmacist to recommend something to help you manage the pain/soreness

If you **have** a bacterial infection

Make an appointment to visit your GP, you may benefit from antibiotics

The OSOM® Strep A test can help you avoid unnecessary appointments with your GP.

References

1. NHS Choices. Sore throat. Last reviewed July 2016. 2016. Available at <http://www.nhs.uk/Conditions/Sore-throat/Pages/Introduction.aspx>. Access date: August 2016
2. Kalra M. *et al.* Common Questions About Streptococcal Pharyngitis. *American family physician*. 2016;**94**(1):24-31