



high desert
pediatrics

8650 Alameda Blvd NE
Suite 101E
Albuquerque, NM 87122

T (505) 255-1866
F (505) 255-1852

SORE THROAT

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If you have a sore throat and nasal congestion, runny nose, and/or cough. It is very unlikely that you have Strep Throat. Those symptoms are not consistent with Group A Streptococcus infection, the bacteria that causes Strep Throat. Sore throat in the context of upper respiratory symptoms is more consistent with a viral upper respiratory infection. Sore throat is very common with influenza, rhinovirus, and parainfluenza. Therefore, if you have sore throat with other upper respiratory symptoms, it is unlikely that you have Strep Throat and do not require testing.

Sore throat is less common with COVID-19. Currently, about 14% of patients diagnosed with COVID-19 have reported sore throat as a symptom. Nasal congestion and runny nose are also a little less common with COVID-19 and has been reported in about 5%.

If you have mild to moderate symptoms, management will be symptomatic relief with acetaminophen or ibuprofen, lots of fluids, rest, and OTC cough/cold medications. If you have concerns that you have more serious symptoms please call the NM COVID hotline for further recommendations before seeking medical attention at a clinic, Urgent Care, or Emergency Department.

New Mexico COVID-19 Hotline

855-600-3453



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