

Tonsillitis

What is Tonsillitis?

Tonsillitis is when your tonsils, the small tissues at the back of your throat, become swollen and sore. It's usually caused by a virus but can sometimes be caused by bacteria.

What causes Tonsillitis?

Tonsillitis happens because of an infection:

- Viruses are the most common cause.
- Bacteria can also cause it, such as "strep throat."

How did I get Tonsillitis?

Tonsillitis can spread easily:

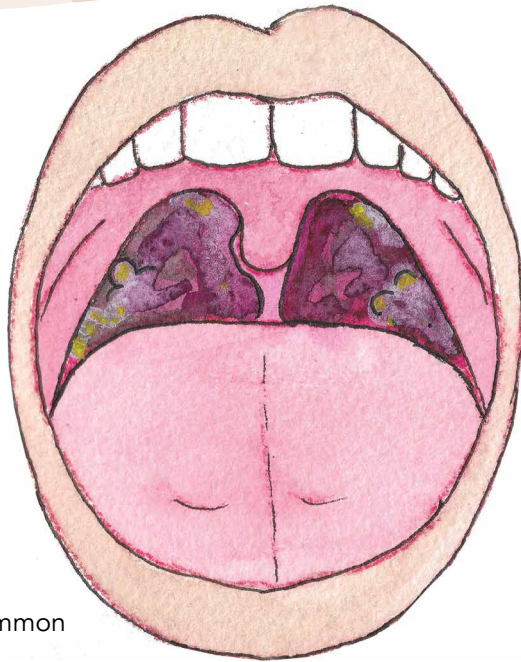
- From someone coughing or sneezing nearby.
- By sharing cups, spoons, or food.

Sometimes, if you're feeling run down or your body isn't strong enough to fight off germs, it can be easier to get Tonsillitis.

How do I feel / How do I look with Tonsillitis?

You might:

- Have a sore throat, making it hard to swallow.
- Cough more than usual.
- Have a fever, or feel really hot or cold.
- Feel tired or weak.
- Have a headache.
- Have swollen tonsils, red or with white spots on them.
- Have a swollen neck, or your neck becomes painful to touch.



It usually gets worse for a few days but should get better after about a week.

How does the doctor know I have Tonsillitis?

If you have any of the above symptoms, you should have a yarn with your GP or healthcare worker. They will:

- Look at your throat to see if your tonsils are swollen or have white spots.
- Check your neck for swollen glands.
- Ask how you're feeling, like if you have pain or fever.
- Sometimes do a throat swab to check if bacteria are causing the infection.

How can we fix Tonsillitis?

At risk populations should always be treated with antibiotics to prevent Acute Rheumatic Fever (ARF), Rheumatic Heart Disease (RHD) and Kidney Disease.

At risk populations include:

- People aged 2-25 years old in Aboriginal or Torres Strait Islander communities.
- Anyone who has ever had ARF or RHD.

Other things you can do to help with Tonsillitis are:

- Drink lots of water to keep your body strong.
- Rest to help your body heal.
- Take medicine like paracetamol or ibuprofen regularly (if safe for you) to ease pain.
- Use throat sprays, lozenges, or gargle with warm salty water to soothe your throat.

If the doctor gives you antibiotics, it's really important to take all the medicine, even if you feel better before it's finished.

If your throat gets worse or doesn't improve, it's best to go back to see your GP or if you have trouble breathing, call 000 or go to the hospital.

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