



WHAT YOU NEED TO KNOW

## STREP THROAT FACT SHEET

### What is Strep Throat?

Strep throat is an infection of the throat that is caused by group A Streptococcus bacteria. It commonly occurs in school aged children and adolescents. If not treated correctly the infection can lead to: rheumatic fever, skin, bloodstream and ear infections, and pneumonia.

### What are the symptoms?

- Red and swollen tonsils, sometimes with white patches or streaks of pus
- Pain or difficulty swallowing
- Fever (101°F or above )
- Sand-paper like rash
- Headache, nausea or vomiting

**Symptoms can appear from 2 to 5 days after exposure to bacteria.**

### How can it be prevented?

- **Always** wash hands with warm, soapy water for 20 seconds after touching any nasal or oral secretions and before preparing or eating food
- Use tissues to catch coughs and sneezes and throw tissue in the trash
- If tissue not available, cough or sneeze into your elbow
- Teach children to wash their hands with soap and water each time they sneeze or cough
- **Hand washing is the #1 preventive way of disease**

### How can it be spread?

- When an infected person sneezes or coughs in the air of another person
- If infected secretions are touched and then you touch face or mouth

### How it is treated?

- Antibiotics (taken as prescribed)
- Getting plenty of rest and fluids
- **An infected person is contagious until after 24 hours of antibiotic use**