

STREP THROAT

Cause:

Streptococcal bacteria are highly contagious. They can spread through airborne droplets when someone with the infection coughs or sneezes, or through shared food or drinks. You can also pick up the bacteria from a doorknob or other surface and transfer them to your nose, mouth or eyes.

Signs and symptoms of strep throat can include:

- Throat pain that usually comes on quickly
- Painful swallowing
- Red and swollen tonsils, sometimes with white patches or streaks of pus
- Tiny red spots on the area at the back of the roof of the mouth
- Swollen, tender lymph nodes in your neck
- Fever
- Headache
- Rash
- Nausea or vomiting, especially in younger children
- Body aches

When to see a doctor:

Call your doctor if you or your child has any of these signs and symptoms:

- A sore throat accompanied by tender, swollen lymph glands
- A sore throat that lasts longer than 48 hours
- A fever higher than 101 F (38.3 C) in older children, or fever lasting longer than 48 hours
- A sore throat accompanied by a rash
- Problems breathing or swallowing
- If strep has been diagnosed, a lack of improvement after taking antibiotics for 48 hours

Contagious:

Until antibiotic treatment has been taken for 24 hours.

Exclusion:

Do not send your child to school or daycare until they have taken the antibiotic for 24 hours, or if they have a fever over 100 F, without taking fever reducing medications.

Complications:

Strep throat can lead to serious complications if untreated.