



THE FACTS: Strep Throat

What is It?

Strep throat is an infection caused by the Streptococcus germ. The infection is more common in children than in adults.

What are the Signs and Symptoms?

Children with strep throat often have a fever and complain of sore throat, headache and stomachache. They may also have swollen, tender glands in the neck, or sores around the nose. Scarlet fever is also caused by the strep germ and causes a sore throat, tiredness and a red rash on the body that feels like sandpaper. Some children can get very serious complications, such as rheumatic fever, if the infection is not treated completely with antibiotics.

How Does it Spread?

The strep bacteria are found in an infected person's saliva. The infection spreads through the air when the infected person talks, coughs or sneezes. Treating the infected person with an antibiotic can stop the spread of infection.

How is it Treated?

If the doctor suspects strep throat he/she will take a swab of the throat to see if strep germs are present. If strep throat is diagnosed, the doctor will prescribe an antibiotic. If the treatment is begun soon after the infection has started, the child will feel better very soon. This treatment may also prevent the serious complications that can result from strep throat.

Things Parents Can Do

- Watch your child for signs of strep throat if another child has it.
- If you suspect your child has strep throat, contact your doctor.
- If your child has strep throat:
 - your doctor will start antibiotic treatment as soon as possible.
 - give your child all the antibiotic, otherwise the infection may not be completely cured.
 - wash hands after wiping the child's nose and before eating or preparing food.
 - your child may return to school/daycare when the antibiotic has been taken for at least one full day and the child is without fever.

***For Further Information Contact the Infectious Disease Program at 625-8318
or toll free 1-888-294-6630, ext. 8318.***

