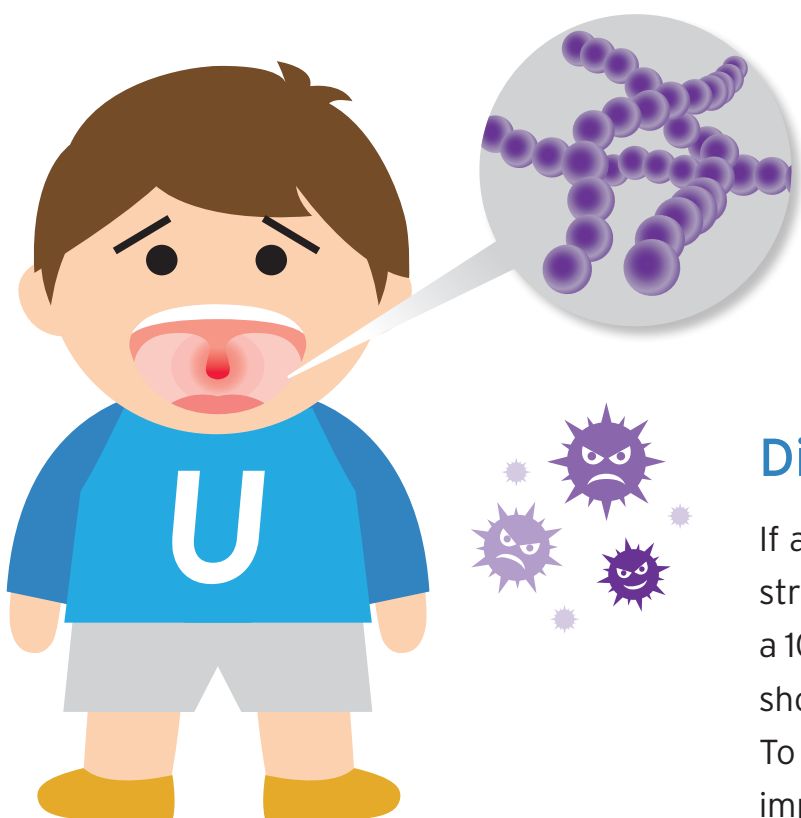


What do I need to know about strep throat?

Group A Streptococcus (strep) is a contagious bacterial infection that causes fever, sudden onset of a sore throat, swollen tonsils and painful swallowing. With appropriate treatment, most symptoms completely resolve within one week.



Strep throat accounts for

15–30%

of all sore throats in children ages 5 to 15

Diagnosis and treatment

If a throat swab tests positive for group A strep bacteria, your child will likely receive a 10-day course of oral antibiotics. Symptoms should start to improve within two days. To reduce the risk of complications, it is important to complete the entire course of antibiotics as prescribed.

Children should not return to school until they have been on antibiotics for at least 24 hours and their fever has resolved.

Signs and symptoms

Common symptoms include:

- Fever of 100.4°F or higher
- Swollen tonsils or lymph nodes
- White pus on the tonsils
- Pain when swallowing
- Red spots on the roof of the mouth

Some children may experience:

- Headache
- Stomach pain
- Nausea and vomiting
- Body aches

How to prevent strep throat

Strep throat is often spread through direct contact with an infected person or by sharing drinks or food. Limit close contact with people who are sick and wash your hands frequently with soap and water or alcohol-based sanitizer.



Strep carriers

It is believed that **up to 25 percent of healthy children may be chronic carriers of group A strep**, meaning they test positive for strep bacteria even when they show no symptoms of infection. Strep carriers are less likely to be contagious and most will not require treatment.

