

Strep Throat...Oh My!!



Strep throat is a bacterial infection caused by group A *Streptococcus* or “group A strep.” In addition to a sore throat, symptoms can include pain when swallowing, a fever, red and swollen tonsils, tiny red spots on the roof of the mouth, or swollen lymph nodes in the front of the neck. Your doctor or provider can do a quick strep test to see if group A strep bacteria are causing your sore throat. If the test is positive, your doctor can prescribe antibiotics. Antibiotics help you feel better sooner, prevent serious health problems, and help prevent spreading the infection to others. Sometimes a 24-hour culture is performed to ensure the diagnosis is right on target as well (unless it is false-positive, which can happen...just a little caveat for you ☺).

Key Facts

- Strep throat is an infection in the throat and tonsils caused by group A *Streptococcus* bacteria (called “group A strep”). However, viruses — not bacteria — cause most sore throats.
- Group A strep bacteria is spread through contact with droplets from an infected person’s cough or sneeze. If you touch your mouth, nose, or eyes after touching something that has these droplets on it, you may become ill.
- No one, not even a doctor, can diagnose strep throat just by looking at your throat. Doctors can swab your throat to see if you have strep throat.
- People with strep throat should stay home from work, school, or daycare until they no longer have a fever and have taken antibiotics for at least 24 hours.
- Antibiotics taken for strep throat reduce your symptoms and the length of time you’re sick, prevent long-term health problems, and help prevent spreading the infection to friends and family members.

Symptoms

- sore throat, often so sore that it is difficult to swallow
 - body aches
- fever, usually higher than 101 degrees Fahrenheit
 - headache

- loss of appetite
- nausea or vomiting
- rash that feels like sandpaper on the body
 - small, red spots on the roof of the mouth
- swollen neck glands that feel like small, round bumps
 - swollen tonsils
 - white patches or streaks on tonsils

In very young children, strep throat can also cause increased drooling.

Prevention Tips

- Wash your hands often.
- Cover your mouth and nose when coughing or sneezing.
- Do not drink from the same glass, eat from the same plate, or share utensils with someone who is sick.
- If you have strep throat, stay home from work, school, or daycare until you no longer have a fever and have taken antibiotics for at least 24 hours. This will help keep others from getting sick.

Please check out the quiz below. Answers are provided, but try it.

1- **Most** sore throats are "strep throat" caused by group A strep bacteria.

True
False

** Many things can cause a sore throat, including viruses, bacteria, and allergens. Viruses cause most sore throats. Strep throat is more common in children than adults. Up to 3 in 10 children with a sore throat have strep throat.

2- A test is required to tell if you have strep throat.

True
False

** No one, not even a doctor, can diagnose strep throat just by looking at your throat. A strep test (a swab of the throat) can quickly show if group A strep bacteria are causing your sore throat

- 3- Antibiotic treatment can help prevent the spread of strep throat infection to friends and family members.

True
False

** Antibiotic treatment for strep throat will also reduce your symptoms and the length of time you're sick. Antibiotics can also prevent long-term health problems, such as heart and kidney problems.

- 4- People with strep throat should stay home from work, school, or daycare for a certain amount of time.

True
False

** If you have strep throat, stay home until you no longer have a fever and have taken antibiotics for at least 24 hours. Call your doctor if you don't feel better after taking antibiotics for 48 hours.

- 5- If you have strep throat, you can stop taking antibiotics when your throat begins to feel better.

True
False

** If you have strep throat, stay home until you no longer have a fever and have taken antibiotics for at least 24 hours. Call your doctor if you don't feel better after taking antibiotics for 48 hours.

- 6- If you have strep throat, you can stop taking antibiotics when your throat begins to feel better.

True
False

** Take the prescription exactly as your doctor/provider tells you. Don't stop taking the medicine, even if you feel better, unless your doctor tells you to stop taking it.

