



## UNDERSTANDING STREP THROAT AND HOW TO PREVENT IT

### What is Strep Throat?

Strep throat is a type of sore throat more common in children than in adults. Your child's doctor can do a quick test to find out if a sore throat is strep throat. Your child's doctor will decide if antibiotics are needed. The right care can help your child feel better faster and prevent spreading it to others!

Many things can cause that scratchy and sometimes painful illness known as a sore throat. Viruses, bacteria, allergens, common things in the air (such as cigarette smoke), nose drainage, and fungus can all cause a sore throat. While many sore throats will get better without care, some throat infections - including strep throat - may need antibiotics.

### The most common symptoms of strep throat are:

- Sore throat, usually starts quickly and can cause strong pain when swallowing
- A fever (101°F or above)
- Red and swollen tonsils, sometimes with white patches or streaks of pus
- Tiny, red spots on the roof of the mouth (the soft or hard palate)
- Headache, upset stomach, or vomiting
- Swollen glands in the front of the neck

### How Does Strep Throat Spread?

Streptococcus A or (Group A Strep or GAS) is a bacteria spread through contact with drops after an infected person coughs or sneezes. If you touch your mouth, nose, or eyes after touching something that has these drops on it, you may become ill. If you drink from the same glass or eat from the same plate as the sick person, you could also become ill. It is also possible to get strep throat from contact with sores from group A strep skin infections.

### Tips: Wash Those Hands!

The best way to keep from getting strep throat is to wash your hands often. Avoid sharing eating utensils, like forks or cups. Remember to sneeze or cough into your shirt sleeve to avoid passing Strep Throat to others.