STREP THROAT
(Group A Beta Strep, *Streptococcus*)

What is STREP THROAT?

Bacteria called *Streptococcus* (Strep-tuh-kok-us) cause strep throat. Strep throat can occur at any age, but most frequently occurs among school-age children. Scarlet fever may occur with untreated or recurrent strep throat.

What are the symptoms?

Symptoms of strep throat may include sore throat, headache, fever (up to 104°F), muscle aches, stomach ache, swollen and tender neck glands and a rash (with scarlet fever).

How is strep throat diagnosed?

A healthcare provider can swab the back of your throat for a rapid Strep test. The swab is tested for the presence of the Strep bacteria and the results are usually available from the doctor's office the same day. If the throat swab is sent to a laboratory, results will take 1-2 days.

What is the treatment for strep throat?

Strep throat is treated with antibiotics. Patients must finish their entire antibiotic prescription even though they will feel better before it is gone. This prevents complications or recurring infection. Infected persons should stay home from work, school or daycare until 24 hours after starting their antibiotic.

Are there any complications?

If strep throat is not treated, rheumatic fever or kidney problems can result.

How is strep throat spread?

Strep throat spreads from one person to another by direct contact with nose and throat secretions from the infected person. Household items like plates, cups, toys, etc. do not play a major role in disease transmission.

How do I prevent strep throat?

Help keep others from becoming ill by taking the antibiotic as directed. Do not return to school or daycare until the antibiotic has been taken for one full day. Do not share food or drinks. Persons with strep should cover their nose and mouth when sneezing or coughing. Wash hands frequently, especially after sneezing or coughing.