

- A disease caused by a strep bacteria found in your throat and on your skin.
- Throat and tonsils get irritated and inflamed.
- Contagious infection spread by respiratory droplets from one person to another by sneezing, breaths and coughs. These droplets can be breathed in by others. Incubation period after contact is 3 to 5 days. Meaning you are contagious during that period but display no symptoms.
- Most symptoms are:
  - Sudden severe sore throat without cold symptoms.
  - Difficulty swallowing, fever over 101 degrees F.
  - For babies less than three months 100.4 degrees F or 101.5 degrees F for babies three months and older.
  - Swollen tonsils and lymph nodes.
  - White or yellow spots on back of a bright red throat.
  - Headache.
- Treatments include:
  - Antibiotics.
  - Acetaminophen (Tylenol) for aches.
  - Children should stay home from school for 24 hours after the start of antibiotics.
  - Drink plenty of fluids, avoid spicy & acidic foods.
- Prevention:
  - Avoid crowded environments especially in spring & fall.
  - Avoid touching nose, mouth and eyes. (bacteria can enter the body).
  - Don't handle used tissues or other germ items.
  - Wash hands frequently.
  - Wash dishes in hot soapy water.
  - Replace tooth brush after infection clears.
- Complications:
  - Untreated strep throat can lead to Scarlet Fever, Rheumatic Fever and Inflammation of the Kidney.

