

STREP THROAT

The medical terminology for strep throat is streptococcal pharyngitis. It is a bacterial infection of the throat. All sore throats are not always bacterial infections. Use this sheet as a guide to help differentiate symptoms. In order to properly diagnose and receive proper treatment a physical examination and laboratory tests are required.

Symptoms

- Sore Throat: Sudden onset and worsening over time.
- Decreased Appetite: Pain with swallowing.
- Headache
- Stomachache associated with or without nausea/ vomiting.
- Fever usually 99.5° - 102.0°
- Swollen glands in the neck.

Treatment

Once diagnosed by throat culture, your child will be given antibiotics. It is important not to give your child antibiotics before a throat culture is done, as this may cause a false negative result. It is very important that your child finish all medication given. If the full course of antibiotics are not completed your child may become ill again.

How did my child get Strep Throat?

Usually there is an exposure to someone who has the illness. It is very contagious. Sharing drinking cups, school lunches, or even close

contact can spread the bacteria from person to person. Once diagnosed with strep pharyngitis and two days into the course of antibiotics, you should replace your child's toothbrush or boil it to sterilize the toothbrush so he/she should not become re-infected.

How is strep throat diagnosed?

Some physical exam findings are diagnostic of strep throat; however, most of the time a throat culture is needed to confirm the diagnosis. Rapid strep tests do not always give positive results even when strep throat is present

Complications

When treated very few complications occur. If left untreated streptococcal infection can cause a bacterial reaction of the heart called rheumatic fever. Strep throat is not a life-threatening illness in healthy children. In immunocompromised individuals the bacteria can spread to the blood stream.