

NURSE'S NEWSLETTER

TODAY'S TOPIC

STREP THROAT

Strep throat is a bacterial infection caused by group A Streptococcus bacteria, affecting the throat and tonsils. It is most common in children aged 5-15 but can affect individuals of all ages.

Common symptoms may include:

- Fever
- Pain when swallowing
- Red and swollen tonsils
- Sore throat that started very quickly and may look red
- Swollen lymph nodes in the front of the neck
- Tiny, red spots on the roof of the mouth, called petechiae
- White patches or streaks of pus on the tonsils

Less common symptoms, especially for children, may include:

- Headache
- Nausea or vomiting
- Rash (scarlet fever)
- Stomach pain



IT USUALLY TAKES 2 TO 5 DAYS AFTER EXPOSURE TO
BECOME ILL WITH STREP THROAT.

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HOW TO MANAGE?

Healthcare providers can perform a rapid strep test or throat culture to confirm the presence of group A Streptococcus bacteria. If diagnosed, antibiotics such as penicillin or amoxicillin are commonly prescribed. These medications help reduce symptom duration, prevent complications, and limit the spread of infection. Patients are generally considered non-contagious 24 to 48 hours after starting antibiotics.

Preventing Spread

To minimize the risk of transmission:

- Practice regular handwashing with soap and water
- Avoid sharing eating utensils, cups, or personal items
- Cover your mouth and nose when coughing or sneezing
- Stay home from work, school, or daycare until at least 24 hours after starting antibiotics and being fever-free

Potential Complications

If left untreated, strep throat can lead to serious health issues, including:

- Rheumatic fever, which can cause heart damage
- Post-streptococcal glomerulonephritis, a kidney disease
- Abscesses around the tonsils or in the neck
- Ear or sinus infections

Early medical intervention is crucial to prevent these complications.

