Information on Strep Throat

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What is Strep Throat?

It is an infection of the throat that causes the throat (pharynx) and the tonsils to become inflamed and painful, often resulting in difficulty swallowing and eating. White patches can sometimes be visualized at the back of the throat. Fever usually ranges from 101-104 degrees F.

What causes Strep Throat?

It is caused by Group A Streptococcus Bacteria and is the most common bacterial infection of the throat.

Who is most susceptible to Strep Throat?

It is most commonly seen in children age 5-15 years during late fall, winter and early spring.

How is Strep Throat diagnosed?

It is diagnosed by physical examination and a rapid strep test.
For a rapid strep test the throat and tonsils are swabbed to collect bacteria from the infected area. The results are available in 5-10 minutes.

Is Strep Throat contagious?

Yes, it is contagious and is spread from person-to-person by contact with nasal secretions and saliva through sneezing, coughing etc.

How is Strep Throat treated?

It is treated with antibiotics usually for a period of 5-10 days. Most people remain contagious with strep until they have been on antibiotics for 24-48 hours; therefore it is important to stay home from work or school for at least one day.

Can Strep Throat cause other complications?

Prompt treatment of strep throat is recommended as it may reduce the risk of complications, such as the infection spreading to other parts of the body like the ears or sinuses. Left untreated it may also cause rheumatic fever.

What can be done to prevent the spread of Strep Throat @TMES and at home?

- ➤ Using cough and sneeze etiquette
- ➤ **Stay at home for at least 24 hours after starting antibiotics**
- ➤ Frequent hand washing
- ➤ Avoid touching the face
- ➤ Using a new toothbrush
- ➤ Not sharing utensils and dishes