



Strep THROAT

How is **strep throat** treated?

Your doctor may give your child antibiotics. The antibiotics are to kill the bacteria, which helps the strep throat go away quicker. It can also prevent a few rare but serious conditions that people with strep throat might get. It is important to take ALL the medications for the required time that your doctor gives you.

Should all sore throats be treated with antibiotics?

No, not every sore throat is strep throat. Bacteria only cause about 5 – 10 % of sore throats. The rest are caused by viruses or other problems and antibiotics will not help these sore throats.

What is **strep throat**?

Strep throat is an infection caused by bacteria. It is called “strep” because the bacterium that causes the infection is called Streptococcus.

Children with Strep throat have a sore throat and may have tummy pain or a red rash with small spots. The rash is worse under the arms and in skin creases. They may also have a fever and swollen neck glands. They usually do not have a runny nose or cough.

What tests can tell if I have strep throat?

- A rapid strep test. The Doctor uses a long cotton swab to take some material from the back of your throat. The test results can be ready in about 15 minutes.
- A culture of the throat material. The test results may take more than 25 hours.

Can other people catch my strep throat?

Yes, you can give the infection to other people until you have been treated with an antibiotic for 1-3 days. Children with strep throat should not go back to school or daycare until their fever has gone away and they have taken an antibiotic for at least 24 hours.

How can I take care of my child?

- Give your child the antibiotic as directed, right medication, right dose, at the right time, and till it is ALL gone.
- Fever and pain relief for children over 1 year of age can include sipping warm chicken broth or apple juice. Children over 4 year can suck on hard candy, butterscotch seems to be a soothing flavour, or lollipops. Give your child acetaminophen or ibuprofen for throat pain or fever over 39 C. If the air in your home is dry, use a humidifier.
- Diet should be soft foods for a few days as hard foods are difficult to swallow. Make sure your child drinks plenty of fluids.
- 10% of strep throats don't respond to initial antibiotic therapy. If your child continues to have a sore throat or mild fever after treatment is complete, return for another throat culture. Your child may need a different antibiotic.

When should I call my Doctor?

Immediately if:

- If your child starts drooling or has trouble swallowing.
- If your child is acting very sick.

During office hours if:

- The fever last over 48 hours after your child has taken the antibiotics.



Tip of the Week:

Do not use Aspirin to treat the fever or pain in children, as they can develop Reyes Syndrome.