

Health Bubble

CHAMP –SHARING TOMORROWS QUALITY HEALTH TODAY



CAN A SORE THROAT BE DANGEROUS?

YES! If a sore throat is caused by a member of the streptococci family of bacteria and it is not treated correctly it may lead to long term joint, heart and/or kidney disease. In the short term may cause skin rash/abscess, septicaemia, meningitis in more serious cases death.

SYMPTOMS OF STREP THROAT

Strep throat may be caused by any of the members of the streptococcus family (A,B,C,D,E,F,G or H), mostly the symptoms are the same;

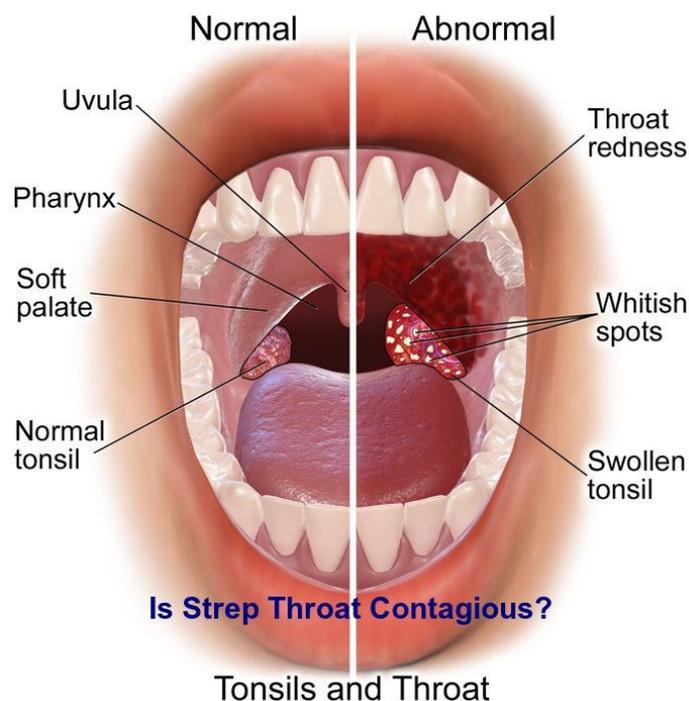
- Red itchy/swollen throat
- Pain when swallowing
- Inflamed tonsils (with or without white patches)
- Difficulty breathing
- Cough
- Vomiting
- Fever
- Chills
- Muscle aches

PREVENTION

Most forms of strep throat infections are contagious, it is therefore very important to keep hands clean and avoid people coughing and sneezing near you.

Teach small children to cover their mouths when they cough and/or sneeze.

If a child is diagnosed with strep throat, do not share cups, eating utensils and ensure that their cutlery and plates are washed thoroughly in hot water.

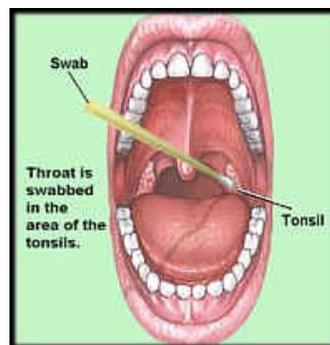


TREATMENT FOR STREP THROAT

Strep throat should be treated with an antibiotic and the course of **antibiotics** must be completed correctly.

The most commonly used drugs to treat strep throat are penicillin based antibiotics, in the case of allergies to Penicillin, there are alternative drugs that may be used in the treatment of strep throat.

Most of the symptoms associated with strep throat can be managed with painkillers,



TESTING FOR STREP THROAT

While not all sore throats are caused by strep throat, if your health provider suspects strep throat infection, a simple swab of the throat may positively identify which member of the strep family is causing the illness or completely rule out streptococcus infection.

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