

STREP THROAT

What is strep throat?

Strep throat is an infection of the throat and tonsils that is caused by a bacteria called *Group A Streptococcus*. It is a contagious infection.

What are the symptoms?

Most sore throats are not due to strep throat. Viral infections are much more common. Kids with strep throat usually do not have cold symptoms, such as runny nose, and cough.

Common symptoms of strep throat include:

- Fever
- Sore throat
- Difficulty swallowing
- Enlarged glands in the neck

How is it diagnosed?

Because viral infections can look similar, strep throat cannot be diagnosed just by looking in the throat. It is very important for your child to have a throat swab done to diagnose strep throat.

What is the treatment?

If a strep throat infection is confirmed in your child with a throat swab, your doctor will prescribe antibiotics. The diagnosis should always be confirmed with a swab, your child should not receive antibiotics before this test is completed. You can treat symptoms of pain and fever with tylenol or advil.

Recurrent strept throat

If your child has many episodes of strep throat, your doctor may consider a referral to an ENT (ear, nose, and throat) surgeon to discuss surgery to remove the tonsils. This is done much less frequently than in the past and most surgeons will only consider this if your child has had 5-7 confirmed infections in the past year.