

ACUTE STREP PHARYNGITIS

What is Acute Strep Pharyngitis?

Acute Pharyngitis (Strep Throat) is a bacterial infection of the oropharynx caused by group A streptococcus.

What are the symptoms?

- Throat pain
- Painful swallowing
- Red and swollen tonsils
- Palatal petechiae (tiny red spots on soft or hard palate)
- Swollen, tender lymph nodes in the neck
- Fever
- Headache
- Rash
- Body aches
- Nausea or vomiting

How is it treated?

Your healthcare provider will administer or prescribe antibiotics to treat acute pharyngitis. This will shorten the duration of symptoms and reduce the likelihood of transmission to family members and other close contacts.

What causes Acute Strep Pharyngitis?

The cause of strep throat is bacteria known as group A streptococcus. These bacteria are highly contagious and are most commonly spread through direct person-to-person transmission, typically through saliva or nasal secretions from an infected person.

Who can get Acute Strep Pharyngitis?

Anyone can get strep throat, but it is most common among children 5-15 years of age. The most common risk factor is close contact with another person with group A strep pharyngitis. Strep bacteria flourish wherever groups of people are in close contact. Additionally, the time of year can also increase the risk for contracting strep throat. Although strep can occur anytime, it tends to circulate in late fall and early spring.

How is Acute Strep Pharyngitis prevented?

There are several ways to help prevent strep throat. These include:

- Good hand hygiene
- Cover your mouth and nose when coughing or sneezing
- Stay home from work or school until free of fever and for at least 24 hours after starting antibiotic therapy



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