

Title: Strep Throat in Children

Author: Kathryn Gieselman

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Key words: Strep Throat, Antibiotics

Abstract: Strep throat is a common illness in children that is easily treated with antibiotic therapy. This flyer provides a basic overview of strep throat, its treatment, and prevention. This would be a useful resource for a parent who is unfamiliar with the illness to read when their child is diagnosed with strep throat for the first time.

This document was created by a medical student enrolled in the Primary Care Clerkship at the University of Minnesota Medical School as part of the course project. The aim of the project is to present information on a medical topic in the format of a patient education handout. It does not necessarily reflect the views of the University of Minnesota Medical School physicians and faculty. These materials are provided for informational purposes only and are in no way intended to take the place of the advice and recommendations of your personal health care provider. The information provided may no longer be up to date since it has not been reviewed since the date of creation. The information provided should not be used to diagnose a health problem or disease, or as a means of determining treatment. In the event of a medical emergency, immediately contact a doctor or call 911.

# Strep Throat

## What is it?

An infection in the throat caused by a certain type of bacteria called *Streptococcus pneumoniae*, or “strep” for short.

## How did my child get it?

Children can catch strep throat by being near other children who are infected; by sharing a drink cup, touching infected pencils and crayons, or even just playing in close contact with siblings or classmates.



## How is it treated?

Strep throat is treated with antibiotics, which are medications that work by killing bacteria. Your child’s doctor will decide which antibiotic to use, but it is very important to let your doctor know if your child has had an undesirable reaction to any type of medicine in the past.

## How long will it last?

Most children will feel better after 1-2 days of medication. Once a child has been on antibiotics for 24 hours, he or she can return to school or play with siblings as normal. It is very important to watch your child and if he or she does not get better within 5-7 days or if they get worse, bring your child back to the doctor as soon as possible.

## How can I prevent this from happening again?

Strep throat is a very common illness in children, especially when they are in school. As with any illness, frequent hand washing and avoiding the of sharing items such as cups and silverware is very important. Eating a well balanced diet and drinking plenty of water every day also keeps a child’s body healthy and more able to fight off infections.



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