
How Do I Know If I Have Strep Throat?

Strep throat may be detected by various tests, including:

- Throat culture showing group A beta hemolytic streptococci (carriers have a positive throat culture)
- Elevated white blood cell count on a blood test
- Blood cells showing a rise in streptozyme levels in the blood when you are getting better

What Strep Throat Looks Like:



Mission Statement

The Pat Walker Health Center, University Health Services provides professional and comprehensive medical care, mental health care, health education, and health promotion for a diverse community of students, faculty, and staff. We, the University Health Services Staff of the Pat Walker Health Center, have a commitment to physical, mental, spiritual, social, and emotional health, the highest standards of quality, and appreciation of the value of each individual. Through these endeavors we support the educational mission of the University of Arkansas and the growth of each individual.

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Commonly known as strep throat, streptococcal pharyngitis accounts for about 95% of all cases of bacterial infections of sore throats. The infection is common in children ages 5 to 10 and occurs primarily from October to April.

What Causes Strep Throat?

The Streptococcal bacterium that causes this infection is spread by direct person-to-person contact through droplets of saliva or nasal secretions. The streptococci frequently live in the throats of persons who have no symptoms and these individuals are carriers. Up to 20% of school children may be carriers without being sick.

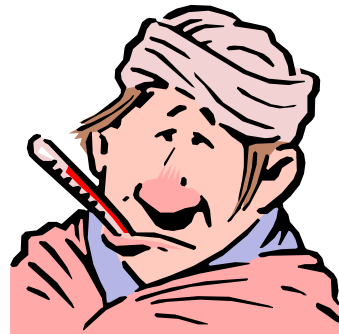


Streptococcus bacteria

What are the Signs and Symptoms?

After a 1 to 5 day waiting period, illness may include:

- Oral temperature of 101°F to 104°F
- Sore throat with severe pain on swallowing
- A beefy red colored throat
- Pus on the tonsils
- Swollen tonsils and uvula
- Swollen glands along the jaw line
- Generalized weakness and fatigue
- Loss of appetite
- Stomach pain



Up to 40% of small children have symptoms too mild for diagnosis. Usually, the fever goes away in 3 to 5 days, and nearly all symptoms are gone within a week. Rarely, the bacteria may spread and cause arthritis, heart problems, meningitis, bone infections, or liver problems.

What Is the Treatment?

The usual treatment for strep throat is antibiotic therapy with penicillin or erythromycin.

Remember!

1. Bed rest and isolation from others for 24 hours after antibiotic therapy begins are very important.
2. You must finish the full prescription and not skip doses, even if you feel better.
3. Serious infections of the kidney, liver, and heart can occur if the medicine is stopped before all of the bacteria causing the infection have been killed.
4. You must use tissues and quickly throw away used tissues.
5. Wash your hands frequently to prevent spread of infection.
6. If a sore throat has a lot of pain, swelling, and fever you need to go to your health care provider for medication.
7. If the sore throat continues after completing your prescription, return to your health care provider.

