



YOUTH HEALTH BULLETIN



JANUARY 2022

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THIS MONTH'S TOPIC: STREP THROAT



This month we are starting a new year! Which means you have a fresh start at being healthy and taking care of yourself. Sometimes, if we do not take care of ourselves we can get sick. Have you ever felt sick? Maybe had a sore throat? Or have had to stay home from school because you weren't feeling well? All of this is common, especially when it is cold outside. Sometimes, our sore throats can be a sign that we have strep throat.

What is strep throat?

Strep throat is an infection in the throat and tonsils caused by bacteria. It can be spread through a cough, a sneeze, or by sharing the same eating utensils. If someone in your family or class has strep throat, there is a chance that you will get it, too.

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Do not handle someone else's used tissues, and put your tissues in the trash as soon as you are done.

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Doctor's visit

If your throat is sore and you are sick, it is important to go to the doctor. Your doctor will do an examination looking for several symptoms:

- Fever
- Swollen tonsils
- White or yellow spots on your tonsils
- Small red spots on the roof of your mouth

If you have these signs of strep throat, your doctor will do a quick test to check. This test might be uncomfortable, but it is the only way to diagnose strep throat. To perform the test, your doctor will rub a cotton swab on the back of your throat.

If the test comes back positive, it means that you have strep throat. But don't worry. Strep throat is easily treated. To treat your strep throat, your doctor will give you antibiotics. You may start to feel better after 24 hours on the medicine, but it is important to finish all of the medicine they give you. You will probably have to stay home from school until you have been taking the antibiotic for at least 12 hours or your fever is gone.



Can you prevent strep throat?

The good news is that you can prevent strep throat, stay healthy, and start the New Year off well. To stay healthy, practice good hygiene. These tips can help prevent the spread of strep throat and other viruses:

- Wash your hands often. It is important to wash before eating.
- Cover your mouth with a tissue when you cough or sneeze. If a tissue is not handy, sneeze or cough into a shirtsleeve, not your hands.
- Do not handle someone else's used tissues, and put your tissues in the trash as soon as you are done.
- If you don't feel good, tell a parent or adult.

SOURCES:

- <https://kidshealth.org/en/parents/strep-throat.html>
- <https://www.cdc.gov/groupastrep/diseases-public/strep-throat.html>

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