

## Strep Throat

Strep throat is very common among kids and teens. Symptoms of strep include fever, red, swollen tonsils, headache, swollen glands and lymph nodes in the neck, difficulty swallowing, red and white patches in the throat, stomach pain, general discomfort or ill feeling, rash.

The only way to correctly diagnose strep throat is through a throat culture. A positive strep test will indicate a need to treat with antibiotics. After 24 hours the child will probably no longer have a fever and won't be contagious. By the second or third day on antibiotics, the other symptoms should start to go away too. Even if your child feels better, the antibiotics need to be finished. Lack of treatment or not finishing the prescribed antibiotics may result in other health problems, such as rheumatic fever, blood infections, or kidney disease.

Help your child feel better while battling strep throat by providing plenty of liquids to prevent dehydration, giving Tylenol or Ibuprofen for discomfort, and gargling with a salt water mixture to help ease the discomfort of the severe sore throat.