

# Group A Strep Infections

## What are Group A Strep Infections?

Streptococcus A is a bacterial germ that can cause throat and skin infections. More severe forms of the infection include: blood infections, meningitis (brain lining infection), and shock (damage to many parts of the body). The worst form of the infection can cause flesh eating disease and can cause death, but this form is rare.

## What are the symptoms of Group A Strep Infections?

Sore throat, fever, and headache can be signs of Group A Strep infection. Severe pain, redness or swelling around a cut or injured area can be signs of more serious infections. Fever, feeling very unwell, dizziness and confusion can be symptoms of shock. A person can get very sick within a few hours.

## How is Group A Strep spread?

The infection is spread by direct contact with saliva (or spit) from a person with the infection. It spreads by coughing, sneezing, kissing, and sharing drinks. It can also be spread by having contact with the cuts or sores of an infected person or from sharing needles.

## MORE to KNOW

- Wash your hands often, especially when you cough or sneeze and before touching or eating food.
- Cover your mouth and nose when you cough or sneeze; use your sleeve, not your hands.
- Keep all cuts and sores clean and covered. Watch for possible signs of infection, like increased redness, swelling, drainage and pain at the cut/sore.
- Avoid activities like open mouth kissing and sharing cups/water bottles and eating utensils. Never share needles. Avoid contact with any open cuts and sores on others.
- If you have signs of infection and you have a fever seek medical care right away. Group A Strep infections can be treated with antibiotics.



**Northwestern  
Health Unit**

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