

# Strep Throat and Scarlet Fever

Strep throat is an infection caused by the *Streptococcus pyogenes* bacteria.

## What are the symptoms of strep throat?

Sore throat, fever, headache and abdominal pain can all be signs of strep throat. You may also have swollen tender glands in the neck and sores around the nose.

## How is strep throat spread?

The infection is spread through direct contact with saliva from an infected person. It is easily spread by talking, coughing or sneezing.

## What is scarlet fever?

Scarlet fever is caused by a toxin occasionally produced by the *Streptococcus pyogenes* bacteria. Symptoms include those of strep throat as well as fatigue, red pinpoint, sandpaper like rash that can cover most of the body, a red "strawberry like" tongue and the skin on the tips of fingers and toes may peel. Some may experience high fever, nausea and vomiting.

## More to know

- A swab or culture of the throat is required to diagnose strep throat
- Both strep throat and scarlet fever can be treated with antibiotics
- Complications of *Streptococcus pyogenes* infection can include acute Rheumatic Fever or Glomerulonephritis
- Hand washing and covering your coughs and sneezes with your sleeve are key to preventing the spread of infection
- Persons with strep throat should not return to school, daycare or work until antibiotics have been taken for 24 hours



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