



Strep Throat in Children



Overview

This is a bacterial infection of the throat. It spreads easily from person to person. It's most common in children, but adults can get it, too.

Causes

What causes strep throat? It's caused by the bacterium *Streptococcus pyogenes*. It spreads in droplets when an infected person coughs and sneezes. Your child breathes in these droplets, or picks them up when they touch a contaminated surface. Then, the strep bacteria gets into your child's mouth, nose or eyes.

Symptoms

What are the symptoms? Strep causes a painful sore throat and difficulty swallowing. The lymph nodes in the front of your child's neck may be swollen and tender. Your child's tonsils may be red and swollen, and they may have white streaks or spots on them. There may be tiny red spots on the roof of your child's mouth. Strep can also cause fever, headache and body aches. It can cause a rash, and nausea and vomiting.

Treatment

We treat strep throat with antibiotics, and with medicines to relieve symptoms. Your child should get rest and drink plenty of water. A humidifier may help, too. Your doctor will create a care plan that's right for you.