

# SYMPTOMS OF STREP THROAT



**SORE THROAT**  
(RED AND WHITE PATCHES)



**HEADACHE**



**FEVER**



**PAIN SWALLOWING**



**NAUSEA/VOMITING**

## PREVENTION

- Wash your hands after sneezing or coughing
- Cover your mouth when sneezing or coughing
- Stay home if you start to show symptoms

## TRANSMISSION

Strep throat is most commonly spread through direct contact with someone who is sick. The incubation period is 2 to 5 days. Strep is most common among children ages 5 - 15.

## WHAT TO DO

If you or your child are showing symptoms or have strep throat, please stay home. It is recommended to visit your doctor for proper treatment before returning to school or work.



## CHANGE YOUR TOOTHBRUSH & CLEAN SURFACES

While on the road to recovery from strep throat, it is a good idea to change your toothbrush between day two and the end of your antibiotic course. It is also a great idea to thoroughly clean and disinfect any shared surfaces to kill bacteria.