

Strep Throat



Overview

This is a bacterial infection of your throat. It can pass easily from person to person. It is most common in children, but adults can also contract this infection.

Causes

Strep throat is caused by the bacterium *Streptococcus pyogenes*. It spreads through the air in droplets of moisture released by coughs and sneezes. You can breathe in these droplets. You can encounter them on surfaces you touch. The bacterium can also be passed from one person to another by the sharing of food and drinks.

Symptoms

An infection usually causes a painful sore throat and difficulty swallowing. The lymph nodes in the front of your neck may become swollen and tender. Your tonsils may be red and swollen, and they may have white streaks or spots on them. You may have tiny red spots on the roof of your mouth. You may develop a fever, and a headache or a body ache. You may develop a rash, and you may have nausea and vomiting.

Treatment

Treatment options include antibiotics and medicines to relieve pain and fever. Your healthcare provider can create a care plan that is right for your needs.