



Bishop
Hogarth

Catholic Education Trust

Strep A Guidance

What is Group A Streptococcus (Strep A)?

Group A Streptococcus is the name given to a type of bacteria sometimes found in the throat or on the skin.

Group A Streptococcus usually causes mild illness like sore throats and skin infections.

Rarely these bacteria can cause severe and life threatening illness called invasive Group A Streptococcal disease.

Signs and Symptoms of Invasive Disease

The symptoms can include:

Fever (a high temperature above 38°C (100.4°F))

Severe muscle aches

Localised muscle tenderness

Redness at the site of a wound

Prevention

Some good ways to keep from spreading strep A to others-

Cover your mouth and nose when you sneeze or cough

Keep your food and drinking utensils separate, and wash them in hot, soapy water after each meal

Don't share food, drinks, napkins, or towels with others

Wash your hands often, especially after you sneeze or cough

Use hand sanitizer

What should I do if I (or my child) have symptoms of invasive disease?

You should contact your GP or get medical advice straight away if you think there are any of the signs and symptoms of invasive disease.

Tell your doctor if there has been contact with someone who has had Group A Strep recently.

Your GP will most likely ask you to come into the surgery to be examined.