

Coos Health & Wellness

Together, Inspiring Healthier Communities



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For immediate release Increase of Strep Throat Diagnosis in Coos County

Coos Health & Wellness has received reports of an increase of Strep Throat in the community.

How You Get Strep Throat

Strep throat is an infection in the throat and tonsils caused by group A strep. The bacteria are spread through contact with droplets after an infected person coughs or sneezes. If you touch your mouth, nose, or eyes after touching something that has these droplets on it, you may become ill. If you drink from the same glass or eat from the same plate as a sick person, you could also become ill.

Common Symptoms of Strep Throat

- Sore throat, usually starts quickly and can cause pain when swallowing
- A fever
- Red and swollen tonsils, sometimes with white patches or streaks of pus
- Tiny, red spots on the roof of the mouth (the soft or hard palate)
- Swollen lymph nodes in the front of the neck

If you have any of these symptoms, make an appointment with your healthcare professional.

Antibiotics Get You Well Fast

The strep test results will help your healthcare professional decide if you need antibiotics. Be sure to finish the entire prescription, even when you start feeling better, unless your healthcare professional tells you to stop taking the medicine.

Prevention Tips: Wash Those Hands

The best way to keep from getting strep throat is to wash your hands often and avoid sharing eating utensils, like forks or cups. It is especially important for anyone with a sore throat to wash their hands often and cover their mouth when coughing and sneezing. There is no vaccine to prevent strep throat.

For more information, go to: <https://www.cdc.gov/Features/strepthroat/>

Lena Hawtin - Clinic Supervisor

1975 McPherson Avenue, Ste 1, North Bend, OR 97459
541-751-2424 Lena.Hawtin@chw.coos.or.us

Coos County is an Affirmative Action/EEO TTY Relay: 7-1-1