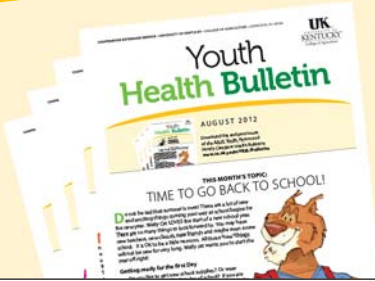


Youth Health Bulletin



JANUARY 2013

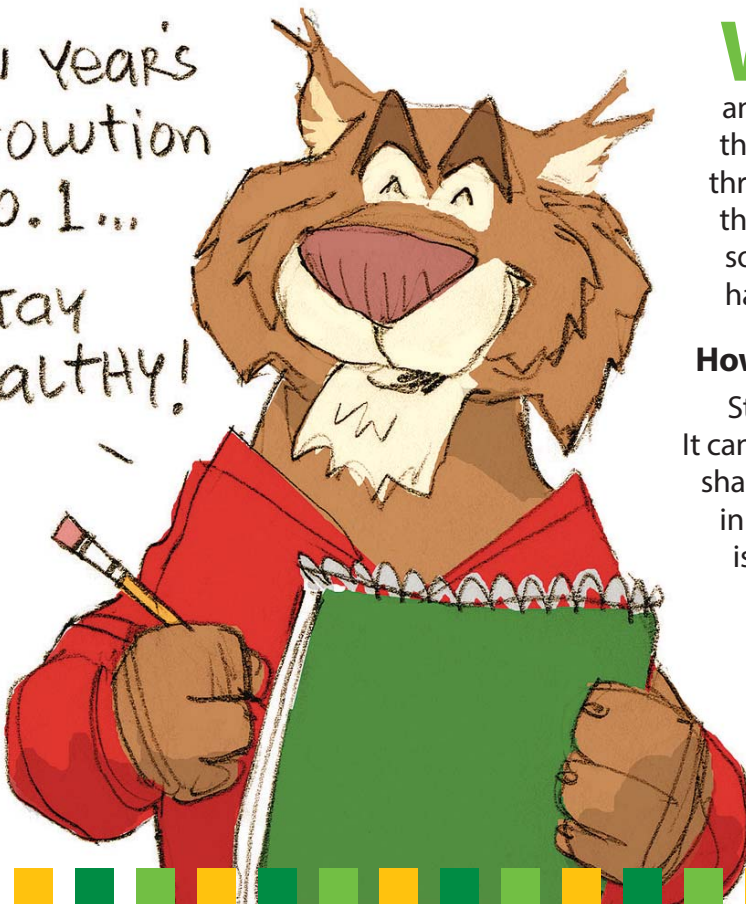
Download this and past issues of the Adult, Youth, Parent and Family Caregiver Health Bulletins:
www.ca.uky.edu/HEEL/Bulletins

Reprinted by:
K-State Research & Extension
Atchison County Office
405 Main/PO Box 109
Effingham, KS 66023
913-833-5450

THIS MONTH'S TOPIC:

SORE THROAT OR STREP THROAT?

new year's
Resolution
no. 1...
STAY
HEALTHY!



We are starting a new year! Wally wants you to start the year off being healthy and taking care of yourself. Do you remember the last time you were sick? Ever had a sore throat? Sometimes, you may have a sore throat that goes away in a day or two, but sometimes a sore throat may mean that you have strep throat.

How do you get strep throat?

Strep throat is spread from person to person. It can be spread through a cough, a sneeze or by sharing the same eating utensils. If someone in your family or class has strep throat, there is a chance that you will get it, too. It usually takes about 5 days, after you were around the person that had it, for you to start to feel sick.

Continued on the back →

Strep throat can be spread through a cough, a sneeze or by sharing the same eating utensils.

Continued from page 1

Will you have to go to the doctor?

If your throat is sore and you are sick, it will be important to go to the doctor. He or she will look in your mouth for the following:

- Swollen tonsils
- White or yellow spots on your tonsils
- Small red spots on the roof of your mouth

Your doctor may have to do another test to check if you have strep throat. He or she may rub a cotton swab on the back of your throat and check for the strep.

If you do have strep throat you will be given antibiotics. You may start to feel better after 24 hours on the medicine, but it is important to finish all of the medicine that you are given. You will probably have to stay home from school until you have been taking the antibiotic for at least 24 hours.

Can you prevent strep throat?

It can be hard to prevent strep throat if a classmate or family member has it. You can do the following to help prevent strep throat.

- Do not handle someone else's used tissues and put your tissues in the trash as soon as you are done.



I'd almost rather be in school.



- Wash your hands often. It is important to wash before eating.
- Cover your mouth when you cough or sneeze.

Being sick is not fun. Stay healthy and start the New Year off well.

SOURCE:

Nemours KidsHealth. The scoop on strep throat. Oct. 2011

Word Scramble

- PSRET HTRTOA: _____
- HSAW HDSAN EFONT: _____
- INSTATIOCBI: _____
- OSRE THARTO: _____
- VOCER UOYR THOMU: _____

ANSWERS: Strep throat, wash hands often, antibiotics, sore throat, cover your mouth

Youth
Health Bulletin

Written by: Nicole Peritore
Edited by: Connee Wheeler
Designed by: Rusty Manseau
Cartoon illustrations by:
Chris Ware (© University
of Kentucky HEEL program)