

# GROUP A STREP

## WHAT IS GROUP A STREP?

Group A strep (GAS) is a bacteria. It is commonly found in the nose, throat and on the skin. It can spread to others through saliva or discharges from the nose. It is a common infection and is easy to treat with antibiotics.

Some Group A strep bacteria can cause serious illness that are hard to treat. These illnesses can cause severe tissue damage (flesh eating disease) and even death.

## WHAT SHOULD YOU DO?

- Wash hands often
- Do not share food, utensils or water bottles.
- If the doctor prescribes an antibiotic take the antibiotic as instructed. Take **ALL** the antibiotic until it is finished.
- Cover your mouth and nose when you cough or sneeze and throw tissue out.
- Keep all wounds clean and watch for signs of infection (redness, swelling, pus and pain).

## SEE A DOCTOR IF YOU...

- Develop severe and unexplained pain and tenderness
- Notice rashes or unusual markings on your skin
- Have a high fever
- Continue to get sicker

## FOR MORE INFORMATION

Contact the Health Unit at 1-800-660-5853 or visit [www.healthunit.org](http://www.healthunit.org)

Sources: Surviving Strep Strategies for LIFE  
Canadian Foundation for Infectious Diseases