



MOKO BEAR'S CARE FOR

# SORE THROATS



The appearance of a sore throat can look like any of the photos above

## WHAT IS A SORE THROAT?

**Sore throats** are a common complaint, especially from children. They can be caused by inflammation or infection to the structures in the back of the mouth. The main cause of a sore throat is infection, which is usually viral or bacterial but can be caused by other means, such as tonsillitis, pharyngitis and glandular fever.

## WHAT ARE THE SYMPTOMS?

Sore throats can present in a variety of ways in children including pain in their throat, trouble swallowing, hoarse voice, sore ears, lack of interest in food and drink, grizzly and unsettled temperament, hot and cold temperatures and fevers or trouble opening the mouth.

## HOW DO THEY SPREAD?

Sore throats spread easily through sharing food and drinks. We see sore throats and Rheumatic Fever more commonly amongst Māori and Pacific communities; within overcrowded households; in cold and damp homes; in homes with poor sanitation and environmental hygiene; and as recurrent infections.

## WHAT DOES THIS MEAN ?

Sore throats and other infections like this are really common, especially in school age children who are in close contact with each other and often share drink bottles and germs.

Some sore throats are caused by Strep-G or Strep-C infections. Most sore throat infections will clear on their own with some rest and drinking lots of water.

**WE NEED TO BE AWARE OF MORE SERIOUS CONSEQUENCES THAT CAN ARISE FROM SORE THROATS, SUCH AS RHEUMATIC FEVER.**

## WHAT IS RHEUMATIC FEVER?

**Rheumatic Fever** is a serious complication of sore throats, caused by untreated Strep-A throats. Your body creates antibodies to combat Strep-A bacteria. Sometimes the antibodies get the wrong target and can destroy cells in your joints and in your heart valves. This can cause permanent damage.



- Sore throats are common in school-aged children and there are many causes
- Identifying and swabbing sore throats can help detect Strep-A, which can then be treated with antibiotics
- Untreated Strep-A infected throats can increase the likelihood of Rheumatic Fever
- Antibiotics are important if you have Strep-A throat and must be taken everyday until they are finished



**iMOKO**  
Healthier Kids at Your Fingertips

## WHAT WE DO TO HELP



We help identify Strep-A throats by taking swabs and sending them to a Laboratory to be tested



If throat swabs return a positive result for Strep-A, we issue a prescription for a course of antibiotics

For more information

**CALL US FREE ON 0508-4-iMOKO (44 66 56)**

## OUR RECOMMENDATIONS FOR SORE THROATS



**Early detection of Strep-A throat** - not every sore throat will be infected but every sore throat should be swabbed



**Antibiotics** - A full course of antibiotic treatment is important to help kill the bacteria for Strep-A throat

**RHEUMATIC FEVER CAN BE PREVENTED BY EARLY DETECTION AND TREATMENT OF STREP-A INFECTED THROATS**