

Strep Throat

Strep throat is a throat infection caused by strep bacteria. The bacteria are spread by fluid droplets from the nose or throat of someone with strep. This occurs most often during cold winter months when people are together indoors. You can get a strep throat 2 to 7 days after being around a person who has it.

Signs of a Strep Throat

- Fever above 100.5° F or 38° C
- Chills
- Throat pain
- Trouble swallowing
- Neck swelling
- Trouble breathing
- Body aches
- Loss of appetite
- Nausea or vomiting
- Abdominal pain

The tonsils and the back of the throat may look red or swollen, and be dotted with white or yellow spots of pus.

Some rare cases of strep infection may produce a toxin that causes a bright red skin rash over your body. This rash is called scarlet fever.

Strep-ta Cunaha

Strep-ta cunuhu waa cudurka cunaha oo ay keento bakteeriyada strep. Bakteeriyada waxaa faafiya dhibco ka yimaada sanko ama cunaha ee qof qaba strep. Tani waxay inta badan dhacdaa waqtiga bilaha qaboobaha marka dadku ay guryaha ku wada jiraan. Waxaad strep-ta cunaha ku qaadi kartaa 2 ilaa 7 maalmood ka dib markaad la joogtay qof qaba cudurka.

Calaamadaha Strep-ta Cunaha

- Qandho ka sarreysa 100.5° F ama 38° C
- Qar-qaryo
- Cuna xanuun
- Liqida oo ay dhibaato ku timaado
- Qoorta oo bararta
- Neefsashada oo dhibaato noqota
- Kor xanuun
- Cunto cuni xumo
- Lalabo ama matagid
- Calool xanuun

Qumanka iyo dhinaca danbe ee cunaha ayaa laga yaabaa iney guduud u ekaadaan ama bararaan, oo dhibco caddaan ama jaalle ah oo maal ah yeeshaan.

Xaalado dhif ah qaarkood ayaa cudurka strep laga yaabaa inuu keeno sun sababta finiinic guduudan oo uu maqaarka jidhku yeesho. Finiinicaan waxaa loo yaqaanaa qandhada cas ee ifeysa.

Your Care

If you have signs of strep throat, see your doctor. Your doctor will check the back of your throat for redness, swelling, and white or yellow spots. A rapid strep test may be done by swabbing the back of your throat to check for strep bacteria. Results are often ready within 10 minutes.

If your test shows you have strep throat, you will be treated with antibiotic medicine. This can be given as a one-time shot or as pills to be taken at home. **You must take all of the pills as ordered.**

- You may return to work or school after 24 hours of antibiotic treatment and when you no longer have a fever.
- Replace your toothbrush after you have taken the antibiotics for 24 hours.
- Drink a lot of liquids.
- Use a cool-mist humidifier to add moisture to the air.
- Take your temperature at least one time each day, and treat a fever as your doctor orders.
- Do not share glasses or cups, eat off of other people's plates, or share other people's food.
- Cover your mouth when coughing or sneezing.
- Wash your hands after coughing, sneezing or blowing your nose

Call your doctor if your signs do not improve or if someone else in your family gets signs of strep throat.

Daryeelkaaga

Haddii aad leedahay calaamadaha ama strep cunaha. La kulan dhakhtarkaaga. Takhtarkaagu wuxuu dhinaca danbe ee cunahaaga ka fiirin doonaa guduudasho, barar, iyo dhibco cad ama jaale ah. Baaritaan strep oo deg deg ah ayaa laga yaabaa in la sameeyo iyadoo dheecaan laga qaadayo dhinaca danbe ee cunaha si strep looga hubiyo. Natiijooyinku waxay badanaa diyaar ku noqdaan mudo 10 daqiiqadood gudahooda ah.

Haddii baaritaankaagu uu muujiyo in aad qabtid strep-ta cunaha, waxaa lagugu daaweyn doonaa daawo antibiyootiko ah. Tan waxaa lagu siin karaa sidii hal durriin ama sidii kaniiniyo guriga lagu qaato. **Waa inaad kaniiniyada oo dhan u qaadataa sidii lagugu amray.**

- Waxaad ku noqon kartaa shaqada ama iskuulka 24 saacadood ka dib isku daaweynta antibiyootikada isla markaana aysan qandho danbe ku haynin.
- Cadaygaaga badal marka aad antibiyootikada qaadatao 24 saacadood ka dib.
- Cabitaan fara badan cab.
- Isticmaal uumi keene qabow si aad hawada uumi ugu darto.
- Heerkulka iska qaad ugu yaraan hal mar maalintiiba, qandhadana isaga daawee sida uu takhtarkaagu kugu amray.
- Koobabka dad ha la wadaagin, suxuunta dadka kale, ama dadka ha la wadaagin cunto.
- Dabool afkaaga markaad qufacayso ama hindiseyso.
- Gacmaha iska dhaq marka aad qufacdo, hindhisto, ama duufsato ka dib.

Takhtarkaaga wac hadii calaamaduhu aysan ka soo raynin ama haddii qof kale oo qoyskaaga ka mid ah ay calaamaduhu strep cuno xanuun ku yimaadaan.

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Strep Throat. Somali.