

## More Details

For more details please contact a doctor, practice nurse or public health nurse in your area.

HELP PREVENT  
**RHEUMATIC FEVER**



# SORE THROATS can break a heart



HELP PREVENT  
**RHEUMATIC FEVER**

 **NGATI HINE  
HEALTH**



**NORTHLAND DISTRICT HEALTH BOARD**

*Te Poari Hauora Ā Rohe O Te Tai Tokerau*



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# What is Rheumatic Fever?

Rheumatic Fever is a serious disease that could cause serious heart problems. It usually starts with a sore throat.

## Who is most at risk?

- Maori & Pacific Island children between 5-15 years
- Families/whanau with a history of Rheumatic Fever
- Families/whanau who share their homes with lots of others.

## What can I do to prevent Rheumatic Fever?

Strep A is a bug that can live in your throat and cause a sore throat. If it is not treated it can lead to Rheumatic Fever. If your child has a sore throat take them to a doctor or nurse and ask for a throat swab.

**If the swab shows the Strep A bug the doctor will prescribe a 10 day course of antibiotics.**

**It is very important to take all the antibiotics to prevent Rheumatic Fever from developing.**

Covering your mouth when you cough, and washing and drying your hands often will help stop spreading it to other people.

# IF YOUR CHILD HAS A SORE THROAT TAKE THEM TO THE DOCTOR



**THROAT SWAB DONE BY DOCTOR**

Strep A bug identified



**EARLY DETECTION**

Antibiotics for 10 days



**RHEUMATIC FEVER PREVENTED**



**HEALTHY HEART**

