

Tehama County Health Providers who accept Medi-Cal:

Lassen Medical Group — 527-0414

2450 Sister Mary Columba Dr., Red Bluff

Greenville Rancheria — 528-8600

1425 Montgomery Rd., Red Bluff

Red Bluff Medical Clinic — 528-2420

658 Washington St., Red Bluff

Cottonwood Medical Group — 347-4867

20633 Gas Point Rd., Cottonwood

Corning Medical Associates — 824-4663

155 Solano Street, Corning

Los Molinos Family Health — 384-2372

7883 Highway 99E, Los Molinos

****This is not a complete listing.****

**Call the health provider of your
choice today and ask if they accept
Medi-Cal clients.**

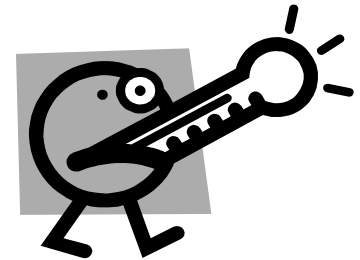
To find out about low and no-cost health insurance, contact Tehama County Social Services for Medi-Cal information at **527-1911** or the Medi-Cal/Healthy Families program at **1-800-880-5305**.



School Health 2008-2009 pamphlets are produced by the Tehama County Department of Education and reviewed by the county nurses.

**SCHOOL HEALTH
2008-2009**

Strep Throat



*A quick guide for students, parents
and educators on recognizing and
treating streptococcus bacteria.*

How do I know if it's strep, or just a sore throat?

Strep throat, caused by group A streptococcus bacteria, is an infection that usually requires antibiotics to treat. Sore throats, while irritating (especially when accompanied by a cold), are usually caused by viruses and clear-up on their own.

The following list of symptoms have been commonly listed by patients suffering from strep throats:

- Headache
- Difficulty swallowing
- Loss of appetite and nausea
- Red and white patches in the throat
- Rash
- Tender or swollen glands in the neck
- Red and enlarged tonsils
- Lower stomach pain
- Fever

Don't wait too long to seek a doctor's care. Even if you do not believe your symptoms to be strep, it is always advisable to see a doctor for any condition lasting longer than 3 days. If you are uncertain, ask your school nurse.

What to do if you suspect strep throat:

If you think you have strep throat, the only way to be sure is to have a doctor give a rapid strep test. This will allow your doctor to determine the proper course of treatment based on if the test is positive or negative for strep.

More than likely, your doctor will prescribe antibiotics for you if your test is positive.



The usual duration of treatment is 10 days. **It is important to take all of the medication** to reduce the risk of re-occurrence.

Follow the doctor's orders about how long to stay home. When at home, and even after returning to school, remember to keep your body well-hydrated. Avoid acidic beverages that can irritate the throat (orange juice, lemonade, and grapefruit juice for example).

How to reduce your risk of infection:

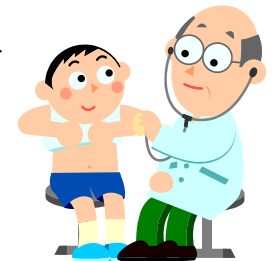
Wash your hands often. Scrub with soap and warm water for at least 20 seconds, rinsing thoroughly after.

Avoid touching your eyes, nose, and mouth.

Cover your mouth with a tissue when you cough or sneeze. Dispose of the tissue immediately and wash your hands. *If tissues are not available, cough into your elbow.*

Don't share drinks, water bottles, cell phones or music devices with friends.

Go in for regular check-ups with your family doctor to make sure that other health issues are not increasing your risk of infection.



Listen to your body and know when it's time to see a doctor. Strep is a bacterial infection and may become severe if untreated.

Plenty of good sleep and a healthy diet are essential to maintaining a healthy immune system.

For more information on childhood illnesses and links to services, visit the United States Department of Health and Human Services website at:
<http://www.hhs.gov/children/index.shtml>