

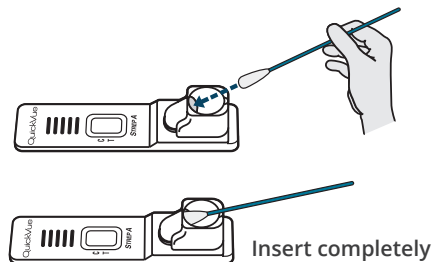


Strep Throat TEST KIT

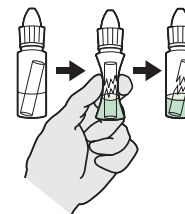
This kit gives you the option to test your school-age child for strep throat at home. The goals of this program at Forest Hills Pediatrics are to empower you as a parent or caregiver, and to save you time, money and a trip to our office if your child has a sore throat that is not strep.

Directions

- 1** MUST use the swabs provided in the kit



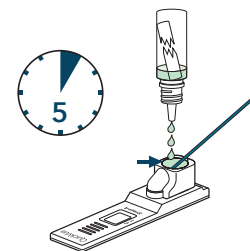
- 2** Squeeze **ONCE** to break



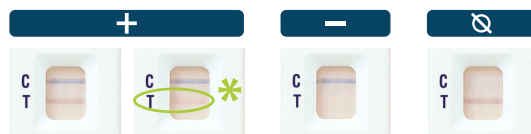
- 3** Shake the vial vigorously **5** times



- 4** Holding bottle vertically:
- Fill chamber to rim (approximately 8 drops)
 - Remove and reinsert swab if liquid is not visible in results window after **1 minute**



- 5** Read test results after **5** minutes



* Look closely! This is a positive result. Even if you see a very faint, pink **test line** and a blue **control line**, you must report the results as **POSITIVE**. The positive test line is usually very prominent, but test line intensity can vary.

Most sore throats are not strep.

The reality: Only three out of 10 children with a sore throat have strep throat. Most have sore throats caused by viruses that do not respond to antibiotics. Generally, sore throats caused by viruses are accompanied by cold symptoms including cough, slight fever, and runny or stuffy nose. Antibiotics do not treat viral sore throats and should be avoided as they can lead to drug-resistant bacterial strains over time. You may treat your child's symptoms with ibuprofen or acetaminophen, fluids and rest.

Symptoms of strep throat.

Symptoms of strep throat include: fever, headache, stomach ache, chills, rash and enlarged lymph nodes of the neck. You may also see redness in the back of the throat and white spots on the tonsils. Since strep throat is caused by a bacteria, antibiotics will help reduce the length of symptoms and prevent complications.

Before you administer the test.

Watch the instructional video at ForestHillsPediatrics.com/videos before you get started. It covers when to do the test (a full 24 hours following symptoms) and how to swab, run the test and read the results.

If the test is positive.

If your child's test is positive, please call our office. Our phone nurses will ask you to email us a picture of the positive test, and ask some screening questions to be sure there is nothing more serious going on for which your child needs to be seen in the office. If there are no further concerns, antibiotics will be sent electronically to your local pharmacy without the need for an in-office visit.

If the test is negative.

If your child has a negative home strep test, but his/her symptoms are worse or no better within 2-3 days we ask that you please call the office as he/she may need to be seen for an in-office appointment. It is possible that we'll need to take another swab and run the strep test again. The test may be negative for several reasons:

- Your child does not have strep throat.
- The test was done too early (the test can be falsely negative if collected before your child has 24 hours of symptoms).
- You were unable to get a good swab.
- The test was faulty or expired.

It is crucial that you call the office for an appointment if your child is getting worse or no better within 2 days of the negative test.

When not to wait.

If your child is having severe symptoms such as drooling, inability to swallow solids or liquids, or cannot stop vomiting fluids, please call the office immediately for an urgent appointment.

Take care of your kit. Get another.

Store your kit in a cool, dark place. Discard the kit after the expiration date. Please call the office if you need another kit.

Your choice. We're here for you.

You do not have to participate in this program—strep tests will continue to be a service we provide at the office. If you have questions, please feel free to call us during business hours or send a message through the secure patient portal on the website. Caring for children is our priority. We appreciate your role in your child's health and wellness.

