



# RHEUMATIC FEVER

It begins with a sore throat, but if left untreated it's a slippery slope. That sore throat could turn into life-threatening heart disease.

Don't wait to see if your child's throat gets better. Strep throat needs to be treated immediately. Treating sore throats early can stop rheumatic fever from developing.

**SORE THROAT?  
GET CHECKED  
& GET IT TREATED!**



# HELP STOP RHEUMATIC FEVER FROM HURTING HEARTS



# RHEUMATIC FEVER IS SERIOUS, BUT IT CAN BE PREVENTED.

Rheumatic Fever is an autoimmune disease that can be caused by untreated strep throat.

It can damage your heart and cause swelling and pain in your hips, knees, ankles, elbows, and wrists. You may also notice a skin rash, fever, or jerky movements. Over time, most of these symptoms will go away but any damage to your heart may be permanent.

Rheumatic Fever disproportionately affects Pasifika and Māori children aged between 4 – 19 years old. If your or your child is Pacific, aged between 4 and 19 years and has a sore throat, please get it checked at the school nurse or family doctor straight away.



**CHECK ALL SORE THROATS** at your family doctor or school health clinic.

If you or your child has tested positive for strep throat, **MAKE SURE TO TAKE ANTIBIOTICS FOR THE FULL 10 DAYS.** You can also ask for one bicillin injection to kill all the bugs on the spot.

**KEEP HOMES SAFE, WARM, AND DRY.** Keeping our homes healthy is key to keeping Rheumatic Fever out of them.

**SORE THROAT?** Get it checked & get it treated!

A family history of Rheumatic Fever means you are at **HIGHER RISK OF GETTING SICK.**

**SORE JOINTS ARE ANOTHER COMMON SIGN OF RHEUMATIC FEVER.** If you or your child has sore joints, get checked at your family doctor or school health clinic for Rheumatic Fever.

