Infection Prevention Rapid Resource

Strep A: Prevention for Everybody

Strep A (Group A Strep) is the germ that causes common strep throat. In rare cases, more serious systemic Strep A infections can lead to health concerns like:

- **Skin infections**
- **Pneumonia**
- **Bloodstream infections** (Strep A in your blood)

How Does Strep A Spread?

You can catch Strep A even from someone who doesn't feel sick, so avoid:

→ Close contact with droplets (including sneezing and coughing)

→ Sharing food or drinks

→ Touching contaminated surfaces or bodily fluids (like spit, mucus, and pus)

How Do I Stay Healthy?

Clean your hands with soap and/or sanitizer often.

Follow facility rules when you visit someone with Strep A.

Ask your healthcare provider about Strep A and tell them if you've had it.

Strep A germs get into your body when you touch them, swallow them, or inhale droplets.

Am I at Risk?

You're at risk for a severe Strep A infection if:

→ You are an older adult.

→ You have a chronic illness.

You're at risk for Strep A spreading in your body (a systemic infection) if:

→ You use an invasive device.

→ You have a wound or surgical cut.

Strep A spreads fast among healthcare workers and people receiving care.

Scan to learn more from the CDC about Strep A safety.

VDH Virginia Department of Health

HAI&AR Healthcare-Associated Infections & Antimicrobial Resistance Program, Virginia Department of Health

https://www.cdc.gov/group-a-strep/prevention/index.html

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