

Rheumatic Fever can be prevented

If your child has a sore throat take them to a free Sore Throat Clinic or see a doctor or nurse.

See www.rph.org.nz/rf



ACT NOW

Free sore throat clinics are available in the Hutt Valley or Porirua for:

- Māori and Pacific tamariki and rangatahi, aged 4 to 19 years-old
- Anyone aged 4 to 19 years-old with a family history of rheumatic fever
- Anyone living in crowded circumstances

See www.rph.org.nz/rf

Otherwise go to your family doctor or nurse to get a sore throat checked but you may have to pay a fee. Call them to check if you are eligible for a free throat check.

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Te Whatu Ora
Health New Zealand

Capital, Coast, Hutt Valley and Wairarapa



Preventing Rheumatic Fever

STOP SORE THROATS HURTING HEARTS

*Help prevent
Rheumatic Fever*



Te Whatu Ora
Health New Zealand

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Preventing Rheumatic Fever

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?

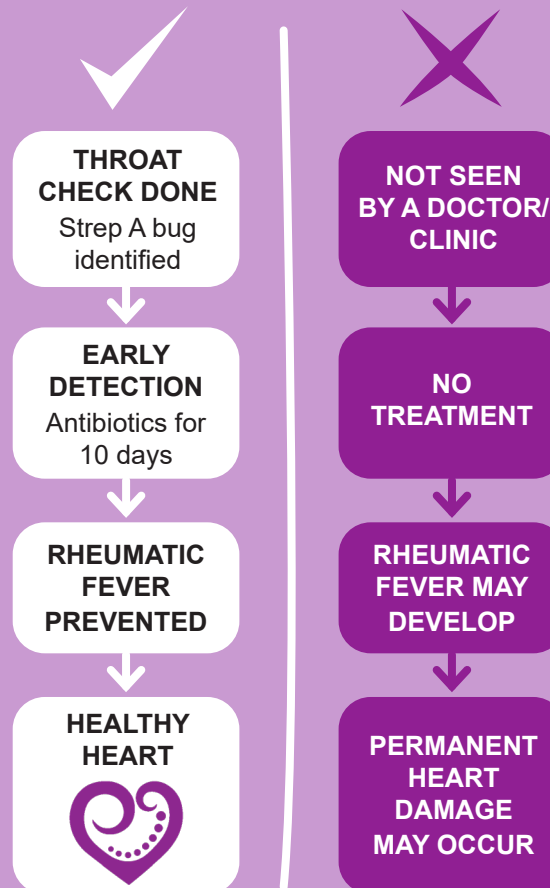
- Māori and Pacific tamariki and rangatahi (aged 4 to 19 years)
- Families/whānau with a history of rheumatic fever
- Families/whānau who share their homes with lots of others

What can I do to prevent Rheumatic Fever?

- If your tamariki has a sore throat take them to a doctor or pharmacy and ask for a throat check. There are FREE sore throat clinics at many places in Hutt Valley and Porirua.
- If the check of their symptoms indicates a strep throat infection rather than a cold, your tamariki will be offered a 10 day course of antibiotics.
- It is very important to take all the antibiotics to prevent rheumatic fever developing.



If your tamariki has a sore throat take them to a clinic or the doctor



What if my tamariki/child gets Rheumatic Fever?

Your tamariki/child:

- Will need to go to hospital for bed rest, antibiotics, blood tests and heart checks.
- Could be off school and may be too tired to play their usual sports and activities.
- Will need regular specialist doctor visits and dental checks.
- Will need antibiotic injections every month for at least 10 years to protect them from further attacks of rheumatic fever.