

# WHAT IS ACUTE RHEUMATIC FEVER?



## It's a sickness caused by a common germ (strep)

The germ can enter the body and cause sore throats and skin sores. It causes a 'FEVER.' A bit like the flu!

A week or so after a sore throat or skin sores, acute rheumatic fever can affect the body, and cause pain in the big joints (like knees) and the heart. **THIS IS ACUTE RHEUMATIC FEVER.**

## Go to your health clinic if you have:

Pain and swelling in the big joints; knees, ankles, hips, wrists or elbows. Sometimes people are too sick to walk, especially children.

Acute rheumatic fever can sometimes affect the brain, and cause strange twitching and jerking movements.

## Who can get it?

Acute rheumatic fever can affect anyone, but most commonly affects school aged children.

## Can I get acute rheumatic fever more than once?

**YES!** The germ lives everywhere in the environment and can cause sickness again and again. This is why people who have had acute rheumatic fever get Bicillin injections.

**THE MOST IMPORTANT THING ABOUT ACUTE RHEUMATIC FEVER IS IT CAN DAMAGE YOUR HEART FOR THE REST OF YOUR LIFE!**

# HOW CAN I STOP ACUTE RHEUMATIC FEVER?

Go to your health clinic if you have a sore throat or skin sores.



Take your medicine on time and until its finished.



If you are pregnant and think you may have acute rheumatic fever, see the health clinic straight away.



Brush your teeth 2 times a day and go to the dentist regularly.



Wash hands properly with soap;



Have a shower or bath everyday.



after the toilet,

after changing nappies and before eating.



after playing with animals,

For more information **ask your doctor, nurse or health worker TODAY!**

## STOP ACUTE RHEUMATIC FEVER

