

Post-strep kidney sickness prevention

Also known as *Post-Streptococcal Glo-merulo-nephritis (PSGN)*

Your kidneys keep your body healthy. Sometimes after you've had a sore throat, skin sores or other germs, your kidneys can get sick.

Doctors call it *Post-Streptococcal Glo-merulo-nephritis (PSGN)*, and it can happen up to 6 weeks after you've had been sick.

If your child's kidneys are sick, they might have:

- Puffy eyes, face or feet
- Swollen tummy
- Headache
- Fever
- Dark urine

Watch yourself for symptoms of APSGN



Watch for
symptoms
for 6 weeks



HEALTHY SICK
Puffy eyes, swollen
face or swollen feet



Headache



Fever



Black tea
colour



Dark coloured urine,
tummy pain or swelling



SEE YOUR CLINIC OR DOCTOR
if you think you or your family have APSGN

Take your child to the local nurse, Aboriginal medical service or hospital as soon as possible if they have these symptoms.

We can help to keep the kidneys well by:

- Washing our hands.
- Keeping cuts and sores clean.
- Washing clothes and sheets.
- Seeing a doctor when you or your child have a sore throat or infected skin sores.
- Keep a distance from family with sore throat or skin sores until they are better.



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Child and Adolescent Health Service



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Produced by: Nephrology
Ref: 1996 © CAHS 2025

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