



# got strep?

Know the signs of  
Pediatric Autoimmune Neuropsychiatric  
Disorders Associated with Strep: PANDAS

[www.pandasfoundation.org](http://www.pandasfoundation.org)

- Obsessive-compulsive behaviors\*
- Motor and verbal tics (Tourette's)
- ADHD symptoms (hyperactivity, inattention, fidgety)
- Separation anxiety (Child is "clingy" and has difficulty separating from his/her caregivers)
- Mood changes (irritability, sadness, emotional swings)
- Sleep disturbance
- Night- time bed wetting and/or day-time urinary frequency
- Fine/gross motor changes (e.g. changes in handwriting)
- Joint pains

\* Can include repetitive behaviors, excess fear of germs, hair pulling, eating disorders, etc.

## OCD or PANDAS?

**PANDAS** (Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections) is a subset of children who have **Obsessive Compulsive Disorder (OCD)** and/or tic disorders such as **Tourette's**, linked to **strep** even without typical symptoms of the infection.

Know the signs.



**PANDAS**  
FOUNDATION

PEDIATRIC  
AUTOIMMUNE  
NEUROPSYCHIATRIC  
DISORDERS  
ASSOCIATED WITH  
STREPTOCOCCAL INFECTIONS

learn more about it:  
[savingsammy.net](http://savingsammy.net)

join the cause:  
[pandasfoundation.org](http://pandasfoundation.org)