

AN IMPORTANT NOTE FROM THE HEALTH OFFICE

Dear Parent/Guardian: *Your child may have been exposed to Strep Throat.*

**STREPTOCOCCAL INFECTION
(Strep Throat/Scarlet Fever)**

Streptococcal sore throat (strep throat) and scarlet fever (a strep throat with a rash) are common infections in young children.

CAUSE: Streptococcus bacteria (Group A beta-hemolytic strep)

SYMPTOMS: **Strep Throat:** Sudden onset of fever, sore throat, and swollen glands. Headache may occur. Nausea, stomach pain, and vomiting may be more common in children.

Scarlet Fever: A very fine raised rash (feels like sandpaper) is present. The rash blanches with pressure. The rash appears most often on the neck, chest, in folds of the armpit, elbows, groin, and in the inner thigh. Later on, there may be peeling of the skin on the fingertips and toes.

These illnesses are usually not serious; however, rare problems such as rheumatic fever (which can damage heart valves) or kidney disease may develop if children do not receive proper antibiotic treatment.

SPREAD: Coughing or sneezing tiny droplets into the air and another person breathes them in.

INCUBATION: It usually takes 2 to 5 days from the time a person is exposed until symptoms begin.

CONTAGIOUS PERIOD: Until 24 hours after antibiotic treatment begins.

EXCLUSION: **Childcare** and **School:** Until 24 hours after antibiotic treatment begins and the child is without fever.
Children without symptoms, regardless of a positive throat culture, do not need to be excluded from childcare or school. Persons who have strep bacteria in their throats and do not have any symptoms (carriers) appear to be at little risk of spreading infection to those who live, go to childcare or school, or work around them.

DIAGNOSIS: Call your healthcare provider. They may confirm the presence of strep in the throat, either by throat culture or by using a rapid strep test, which can provide results the same day.



If the throat culture or rapid strep test is positive, a penicillin shot or antibiotics taken by mouth (oral) are prescribed. Antibiotics should be taken for the prescribed amount of time. DO NOT stop taking the antibiotic even when the person is feeling better. Treatment may depend on how severe the infection is and will help prevent more serious illness, such as rheumatic fever.

TREATMENT:

1. Wash hands thoroughly with soap and warm running water after contact with secretions from the nose and mouth. **Thorough hand washing is the best way to prevent the spread of infectious diseases.**
2. Cover nose and mouth when coughing or sneezing or cough/sneeze into your sleeve.
3. Dispose of used tissues.
4. If your child develops a sore throat and other symptoms listed above, keep the child home and call your healthcare provider.
5. Recommend a new toothbrush for the person with strep after they are no longer contagious.

**PREVENTION/
CONTROL:**

This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider. For more information contact the AAS Health Office at 231-4488, ext. 3911 or call your Health care provider.

Information was taken from the CDC information sheet on Strep Throat
<http://www.cdc.gov/features/StrepThroat/>