

## Information regarding Strep Throat

“Strep Throat” is commonly reported throughout the year at all grade levels  
Please review the following and keep this information handy as a reference:

### **STREP THROAT (Streptococcal Pharyngitis)**

A Strep throat is a sore throat caused by streptococcal bacteria (as opposed to one caused by a virus). Strep bacteria are very contagious and spread through the air when an infected person coughs or sneezes. Symptoms develop between 12 hours to 5 days after exposure.

The **ONLY** true way to diagnose a strep throat is at the physician’s office, by means of a throat culture. Signs and symptoms may indicate a strep throat, but your physician uses these symptoms and the results of a culture to confirm the diagnosis.

Symptoms: -Throat Pain (throat appears red, tonsils may be swollen)  
-Fever (may or may not be present)  
-Tender lymph nodes/swollen glands in the neck, behind the ears  
-Cold-like symptoms  
-Nosebleeds  
-Headache/Stomach ache (\*\*These may be the only symptoms)  
-A fine sandpaper feeling rash – especially on face and upper body but may be generalized over entire body  
**(A rash with Strep throat is Scarlet Fever)**  
-Laryngitis is more often seen with viral infections

### **STREP THROAT IS MODERATELY CONTAGIOUS UNTIL TREATED!**

The treatment for Strep Throat is prescription antibiotics.

The physician usually prescribes antibiotics for ten days following a positive test. It is **VERY IMPORTANT** to finish all **TEN DOSES!!!!**

After a full **24 hours of antibiotics**, **AND** when your child feels better, the child may return to school and resume normal activities.

Please **DO NOT DISMISS YOUR CHILD FOR AN APPOINTMENT FOR A CULTURE**. *If you suspect your child has strep throat, please keep your child home until the doctor has determined the diagnosis.*

As always, hand washing and using proper cough etiquette continues to be an excellent preventative measure in not only preventing strep throat, but also all contagious illnesses. Please do not hesitate to call with questions.

Thank You