

Attention Parents:

Please be advised that we have had a reported case of **Strep Throat** in your child's class.

For your reference, we are sending home information sheets on treatment and prevention. All information is for educational purposes only. For specific medical advice, diagnosis and treatment consult your physician.

Strep Throat Fact Sheet

Strep throat is caused by a bacterium called Group A Streptococcus.

- Strep throat can occur at any age, but is most frequent among school-aged children.

Symptoms start 1 to 3 days after exposure and may include:

- Fever
- Sore throat
- Tender and swollen neck glands
- Some people can catch the strep bacterium but never feel sick at all.

Strep throat is usually spread person to person by direct contact.

- The strep bacterium is found in the nose and/or throat of infected persons and is spread to the next person through the air with sneezing or coughing. Rarely, people catch strep throat by eating contaminated food or milk.
- People with strep throat can spread the disease to others until 24 hours after treatment or to 10 to 21 days if untreated.

Strep throat is diagnosed by a throat culture.

- Throat cultures usually take 24-48 hours. There are now rapid tests, which can be used to diagnose strep throat more quickly.

Treatment is important.

- Persons with strep throat can be treated with antibiotics. Treatment is important to prevent serious complications such as rheumatic fever and kidney disease.

Strep throat can be prevented:

- Cover the mouth when coughing or sneezing.
- Wash hands after wiping or blowing nose, coughing and sneezing.
- Wash hands before preparing food.
- See your doctor if you or your child have symptoms of strep throat.

Infected children should be excluded from child school/care until 24 hours after starting treatment.