



Strep Throat Information

Strep can occur at any age, but is most frequently seen in school-age children. The following information can help you decide if your child may also be experiencing the same illness and needs to see a doctor.

Signs and symptoms: May have one or more symptoms below.

- Sore or red throat
- Difficulty swallowing
- Sudden onset of fever
- Tender, swollen neck glands
- General discomfort, uneasiness, stomach ache, headache or ill feeling
- Nausea
- Lack of appetite
- Fine, sandpaper-like, pink skin rash (scarlet fever)

Incubation period: From 1-3 days after exposure, may be longer.

Contagious period: Until 24 hours after antibiotic treatment has begun or for 10-21 days if left untreated.

Transmission: Contact with secretions from the nose, mouth, and throat of an infected person either by direct contact or through the air.

Prevention: Avoid contact with a person known to be infected with strep throat. Encourage your children to wash their hands often, especially if they are ill.

School attendance: Notify the school immediately if your health care provider confirms the illness is strep throat. Because strep throat is highly contagious, infected children must be excluded from school until at least 24 hours after starting antibiotic treatment and the child has been fever-free for 24 hours. If you take your child for a strep test please DO NOT return to school until you have the results of the test. If your child doesn't feel well, they are not learning in the classroom; please keep them home.

Treatment: Strep throat is diagnosed by a throat culture. Throat cultures usually take 24-48 hours; however, some doctors are able to perform a "quick-strep" test in their office.

Treatment is important! Antibiotics are usually prescribed for sore throats that have a positive strep culture. Treatment is important to prevent serious complications such as ear and sinus

infections, rheumatic fever and kidney disease. ***Call your healthcare provider if*** you feel your child may be showing symptoms of strep throat or if you have any other concerns or questions.

If you have any questions, please feel free to contact the nurse at your child's school or more information may be found at <https://www.cdc.gov/features/strepthroat/>

Thank You.