



FACT SHEET: Strep Throat

Strep throat, (caused by group A Streptococcus) infection is a common throat infection among children and symptoms usually progress quickly.

Strep throat is spread by:

- Respiratory secretions, droplets
- Direct contact with respiratory secretions then touches their mouth or nose
- Share cups, food, water bottles, etc.

Please monitor your child for the following symptoms for the next 2-5 days:

Fever	Inflamed neck lymph nodes
Sore throat-red and swollen tonsils	Stomach pain
Tiny red spots on the roof of mouth, (petechiae)	Nausea and vomiting
Difficulty swallowing	Headache

If your child develops any symptoms please keep them home and call your healthcare provider.

Prevention:

- Wash hands frequently with soap and water for 20 seconds or alcohol-based sanitizer
- Avoid people that are sick.
- Do not share cups, food, water bottles, etc.

Individuals at High Risk:

Always consult with your healthcare provider with any questions or concerns. Although serious complications are rare some factors increase someone's risk. Anyone with underlying conditions, compromised immune system, pregnancy, elderly, etc. should contact their healthcare provider if they have been exposed and have questions.

Return to school:

A letter of clearance is needed to return to school. If multiple cases in the classroom or moderate to severe illness a student can return 24 hours after being on antibiotics.

Any questions please email/call your school nurse, (found on your home school website)

For more information: <https://www.cdc.gov/groupastrep/diseases-public/strep-throat.html>