



*LAKE LAND JOINT SCHOOL DISTRICT #272*

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## **Communicable Disease Fact Sheet**

### **STREP THROAT**

#### **What is Strep throat?**

- ◆ An inflammation of the pharynx (the part of the throat between the tonsils and the larynx) caused by streptococcus infection.
- ◆ It occurs most commonly from October to April, often in children 5-10 years old, but also in adults.

#### **Symptoms:**

- ◆ Sore throat
- ◆ Back of throat may look red, swollen, and dotted with whitish or yellowish specks of pus.
- ◆ Painful swallowing
- ◆ Fever with sudden onset
- ◆ Tender, swollen lymph nodes in the neck
- ◆ General discomfort, uneasiness, or ill feeling
- ◆ Nausea
- ◆ Loss of appetite
- ◆ A rash may be present

#### **How is it spread?**

- ◆ The infection is spread by direct person-to-person contact with nasal secretions or saliva.

#### **Treatment:**

- ◆ Your health care provider will do a throat culture.
- ◆ Antibiotics will be prescribed for strep throat for 7-10 days.
- ◆ Make sure your child takes all prescribed antibiotics on schedule for as many days as your health care provider has directed.

#### **Prevention:**

- ◆ Good handwashing and not sharing drinking glasses and eating utensils may help prevent spread of the infection especially at home if someone is sick with strep throat.

#### **Exclusion from school:**

- ◆ If symptoms have improved and the child is without a fever, they may return to school after 24 hours of antibiotic treatment. It is important, however, that they continue to take the full course of prescribed antibiotics even after they are back in class.

#### **More information:**

- ◆ Call you school nurse at you child's school or at the district office, 687-0431.
- ◆ Call you health care provider.
- ◆ Call Panhandle Health District at 667-3481.