A Letter from Skyridge Health Services

Strep Throat Alert!

12/18/15

To Parents/Guardians:

There have been multiple cases of strep throat diagnosed in the last few weeks and your child may have recently been exposed to strep throat at school. Properly treated cases are no longer infectious. However, please watch your child for the symptoms which usually appear 2-5 days after exposure.

**Cause:** Strep throat and strep throat with a rash (scarlet fever) are common bacterial infections in children spread by coughing or sneezing.

**Common Signs and Symptoms:**
- Throat pain
- Difficulty swallowing
- Red and swollen tonsils, sometimes with white patches or streaks of pus
- Tiny red spots on the soft or hard palate — the area at the back of the roof of the mouth
- Swollen, tender lymph glands (nodes) in your neck
- Fever
- Headache
- Rash
- Stomachache and sometimes vomiting, especially in younger children

**Call your Health Provider:** If you recognize any symptoms and suspect strep. For accurate diagnosis, a throat culture needs to be taken. Symptoms generally occur 2-3 days before a culture will show positive results. Following a culture being taken, your child should remain at home until you know the results.

**Exclusion:** Need to stay home? **Yes,** until 24 hours after antibiotic treatment begins and fever is gone.

Please call the nurse at Skyridge if you have any questions or concerns.

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