

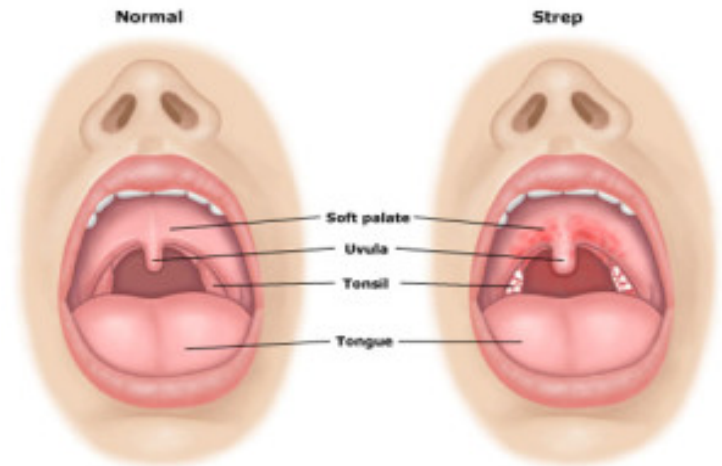
Strep Throat Guidelines

WHAT IS STREP THROAT?

Strep throat, also known as Streptococcal pharyngitis, is an infection in the throat and tonsils caused by bacteria called group A Streptococcus (group A strep).

COMMON SIGNS & SYMPTOMS

- Fever / sweats
- Sore throat
- Headache
- Tender, swollen lymph nodes
- Decreased appetite
- Chills
- Bad breath



CONTAGIOUS TIME PERIOD:

Up to 24 hours after initiation of antibiotics.

TIME FROM EXPOSURE TO SYMPTOMS:

2-5 days

SPREAD BY:

Contact with infectious respiratory droplets and saliva. Direct contact with mouth or nose secretions.

TREATMENT / SELF CARE:

Throat cultures are used to diagnose. Antibiotics will be prescribed. Anti-inflammatory reduces pain and inflammation. Acetaminophen to reduce fever.

ACTION AT SCHOOL:

Exclude for 24 hours after initiation of antibiotics and fever-free (99.9 F or below) for 24 hours without the use of any fever reducing medications.

CONSIDERATIONS AND PREVENTION MEASURES:

Avoid kissing, sharing drinks, or utensils. Change your toothbrush. Good handwashing and hygiene. Proper disinfectant on surfaces.

COULD IT BE VIRAL?

The following symptoms suggest a viral cause of the illness

- Cough
- Runny nose
- Hoarse voice
- Pink eye (Conjunctivitis)