

Strep Throat

Information for Parents and Caregivers

What is Strep Throat?

Strep Throat is an infection in the throat and tonsils caused by the bacteria, group A *Streptococcus*.

Symptoms of Strep Throat

- Fever
- Pain when swallowing
- Red and swollen tonsils
- White patches or streaks on tonsils
- Tiny red spots on roof of the mouth
- Swollen lymph nodes in the neck

Is Strep Throat Contagious?

Strep throat is contagious and can be spread when an infected person talks, coughs, or sneezes. Some people with Strep Throat bacteria are not symptomatic, but are still contagious.

Treatment & Symptom Management

Strep throat is diagnosed through a simple rapid test done via a throat swab. If the test is positive, antibiotics will be prescribed. Antibiotics decrease how long your child will be sick, decrease symptoms, prevent bacteria from spreading to others, and prevent serious complications related to strep throat. Your child should be feeling better within 48 hours of starting the antibiotic.

Prevention

Good hygiene is the best way to prevent getting or spreading Strep Throat. This includes covering your mouth and nose when you cough or sneeze and thoroughly washing your hands.

When Can a Sick Child Return to Day Care, School, and other Social Settings?

A sick child should be excluded from social settings until they are fever free and have been on proper antibiotics for 24 hours.



ALABAMA REGIONAL CENTER FOR INFECTION PREVENTION
AND CONTROL TRAINING AND TECHNICAL ASSISTANCE

The University of Alabama at Birmingham

Centers for Disease Control and Prevention, Strep Throat, <https://www.cdc.gov/groupastrep/diseases-public/strep-throat.html>

Alabama Department of Health, Communicable Disease Chart for Alabama's Schools and Childcare Facilities,
<https://www.alabamapublichealth.gov/infectiousdiseases/assets/countyschoolsinfection2pg.11.17.15.pdf>

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