# ****Strep**** Throat ****Exposure Notice****

Your child may have been exposed to **Strep Throat** on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Please check your child for symptoms through \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

If your child has symptoms, please contact your child’s healthcare provider.

Children with Strep Throat may return to childcare or school 24 hours after starting antibiotic treatment, AND when they feel well enough to participate in regular school activities.

## Strep throat is an infection in the throat and tonsils. It is caused by the Streptococcus bacteria and is most common in children ages 5 through 15 years old. The most common symptoms are:

* Sore throat, which usually starts quickly and can cause swallowing to be painful
* Fever
* Red and swollen tonsils, sometimes with white patches or streaks
* Tiny red spots on the roof of the mouth
* Swelling in the front of the neck
* Other symptoms may include headache, stomach pain, nausea or vomiting, rash (if this happens it is called Scarlet Fever)
* Symptoms usually start 1 to 3 days after a person has had contact with a sick person.

## How is strep throat spread?

* Coughing and sneezing
* Touching your mouth, nose, or eyes after touching something that a sick person has sneezed on, coughed on, or touched

## What can I do now?

Watch for symptoms in your child and call your child’s health care provider if your child becomes sick. The doctor can do a test to check for strep throat and may prescribe antibiotics.

## Preventing the spread of Step Throat:

* Wash hands frequently with soap and warm water.
* Do not share utensils and drinking cups.
* Sneeze and cough into the arm, not the hand.
* Stay home util 24 hours after starting antibiotic treatment and symptoms are improving.
* Frequently clean household objects that are touched frequently, such as toys, doorknobs.