

“STREP” THROAT

School _____

Date _____

Dear Parent/Guardian,

We have had multiple confirmed cases streptococcal sore throat at school.

Streptococcal sore throat ("Strep Throat") is a bacterial infection which causes a severe sore throat usually accompanied by a fever over 100° degrees and a general feeling of fatigue and illness. There may be large, tender swollen glands in the neck. The throat may be red and swollen making swallowing painful. A fine red rash on the torso may precede the sore throat. The condition generally appears within 1 to 3 days after exposure to an infected person.

A physician must treat streptococcal sore throat. The usual treatment is a course of antibiotics. The medication **must** be given for the full amount of time specified on the prescription. The student with streptococcal sore throat must be excluded from school until at least 24 hours after administration of the antibiotic has begun and until the fever is below 100° degrees for 24 hours without fever reducing medication.

Covering mouth when coughing or sneezing, practicing good hand washing, and avoiding sharing food, beverages and eating/drinking utensils may prevent the spread of streptococcal sore throat. Once antibiotic therapy has begun, a new toothbrush will help prevent recurrence of the disease.

Please consult your physician if you have further questions or concerns.

Sincerely,

Reference: American Academy of Pediatrics
Texas Department of State Health Services, 2013