



Strep Throat

Your child may have been exposed to this disease

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

If my child has this disease, when can he or she return to school or child care?

Children with Strep Throat may return 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 age 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:

- 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

A person who is diagnosed with strep throat will stop being able to spread the infection approximately 24 hours after starting an antibiotic from the doctor.

What can I do now?

Watch your child for symptoms of strep throat. Call your child's doctor or health care provider if your child becomes sick. A doctor can do a test to see if a person has strep throat. If the test is positive, the doctor might prescribe antibiotics.

If your child gets sick, prevent others from getting ill by:

- Washing your hands often.
- Not sharing eating utensils such as forks and cups.
- Sneezing and coughing into the arm or shoulder, not the hand.
- Stay home until 24 hours after starting antibiotic treatment.
- Clean objects and commonly touched items, such as toys and TV remote controls, that a sick person has touched.

For more information, contact your health care provider, your School Nurse 619-258-2231, the San Diego County Health Department at (858) 694-3900, or visit: www.cdc.gov/features/strepthroat/