



## **Strep Throat (Strep Tonsillitis)**

Should there be a case of Strep Throat in your child's classroom, your child may be exposed. We are bringing this to your attention because untreated infections can sometimes lead to complications.

### **What is Strep Throat?**

It is a sore throat caused by the group A streptococcus bacteria. Occasionally it can cause kidney or heart complications. Prompt treatment with an antibiotic usually prevents these complications. Treatment will also prevent it spreading to others.

### **What are the symptoms of Strep Throat?**

The symptoms can include:

- A very sore throat (like swallowing barbed wire)
- A high temperature
- Chills – shaking with a high temperature
- Swollen and tender neck glands
- Headache and stomach ache may also happen.

### **What should I do if I think my child has it?**

If your child develops any of these symptoms bring him to your doctor for examination. Tell the doctor that another child in school has strep throat. A simple throat swab can tell if your child needs treatment.

### **If my child has Strep Throat what should I do then?**

The doctor will prescribe an antibiotic for your child. It is important that the child takes the full course of medicine.

### **Can my child go to school?**

The child can return to school when they have finished 1 full day of the antibiotic. This is necessary to prevent the spread of infection to others.

### **Can other members of the family get it?**

Yes.

### **What can I do to prevent the spread of Strep Throat?**

Streptococcus bacteria is spread through the contact with nose and mouth secretions. To reduce the risk of infection:

- Wash hands thoroughly after wiping nose.
- Wash hands thoroughly before preparing or eating food.
- Wash dishes well in hot soapy water.
- Do not share cups, straws, spoons, eating utensils etc.
- Do not share toothbrushes.

Your doctor and local health clinic will be able to answer any further questions that you might have concerning Strep Throat or other streptococcus infections.