



2096 Red Arrow Trail
Madison, WI 53711
608-275-6740

Strep Throat (streptococcal pharyngitis)

Communicable Disease Exposure Notice

Dear Parents:

Your child may have been exposed to the communicable disease **Strep Throat (streptococcal pharyngitis)** in a Reach Dane/Reach Green classroom on the following date_____.

Please review the information below. If you have any questions, or if you child begins experiencing symptoms of the illness, contact your child's primary care provider or one of the agencies listed below.

Public Health – Madison & Dane County

(608) 266-4821

Green County Health Department

(608) 328-9390

What is strep throat?

Strep throat is an infection of the throat and tonsils caused by the bacteria *Streptococcus pyogenes*, also known as Group A streptococci (GAS).

What are the symptoms of strep throat?

Symptoms include sore throat, pain on swallowing, fever, swollen and tender lymph nodes in the neck, headache, chills, sweats, decreased appetite and fatigue. The tonsils are swollen and often covered with pus. The roof of the mouth may have fine red lesions called petechiae.

Cough, hoarseness, and runny nose are NOT symptoms of strep throat, but indicate viral upper respiratory infections. It is important to realize that most sore throats are not due to streptococcal infections. If left untreated, strep throat lasts from 2-5 days; with antibiotics it lasts about 1-3 days. Strep throat is most common in school-age children.

When a red rash and fever accompany strep throat, it is called scarlet fever. Scarlet fever's rash fades after several days. It can be followed by flaking or peeling skin, especially around the fingertips, from 1-3 weeks later.

How does a person get strep throat?

Strep throat usually results from direct contact with another person who has streptococcal pharyngitis. Some people carry the bacteria, but do not show any symptoms of strep throat. They can transmit strep throat to other people, especially in cases where many people are becoming infected with strep throat.

How long does it take to develop strep throat following exposure?

Symptoms begin 1-3 days after exposure to strep throat.

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How is strep throat treated?

Strep throat is treated with antibiotics. Your health care provider can advise you on treatment options. Without treatment for strep throat, the bacteria can cause heart, joint, and kidney problems. It is important to be seen by your health care provider if there is a possibility of strep throat.

How long is a child with strep throat excluded from childcare?

Children are excluded until 12 hours after antibiotics are started and fever-free for 24 hours without the use of fever-reducing medication.

How can I limit the spread of strep throat?

All children and adults should practice good hand washing technique. Children and adults should avoid kissing. Children and adults should avoid throat and mouth secretions. Persons with strep throat symptoms should seek prompt medical care. *Sharing of drinking cup and eating utensils should be discouraged. Cover you coughs.*