

**GREENWICH CENTRAL SCHOOL
HEALTH OFFICES**

STREP THROAT

Strep throat is caused by Streptococci A bacteria. It spreads from person to person through fluid droplets from the nose or throat of someone with a Strep infection. Of all age groups, school-age children and children in childcare are the most affected.

A child with Strep throat often has a fever above 101 degrees Fahrenheit, with chills, body aches, headache and loss of appetite. There may also be abdominal symptoms, like nausea, vomiting and abdominal pain. The tonsils and the back of the throat may look very red, swollen and dotted with whitish or yellowish specks of pus. There may be swollen glands in the neck and at the angles of the jaw. Strangely, in spite of all the throat pain, hoarseness and loss of voice are not common.

Some rare cases of Strep infection may cause a bright red skin rash. This is the rash of “scarlet fever”, and it usually last from the second day to the sixth day of the Strep throat infection.

If your child exhibits these symptoms, make an appointment to see your child’s doctor. A quick and easy Strep test will inform your doctor as to whether your child requires an antibiotic to treat Strep throat. Upon a positive diagnosis of Strep throat, please keep your child home for at least 24 hours following his or her first dose of antibiotic. We are concerned about the contagious nature of Strep throat and request that you take extra precautions before sending your child to school.

It is important for the child to be well rested upon return to school to decrease their chance of relapse. Offer lots of fluid for hydration and Popsicles for sore throats. The best measure of prevention is to remind your children to cover their mouths when they sneeze or cough, and to practice good hand washing.