

STREPTOCOCCAL SORE THROAT (STREP TROAT)

Strep throat is caused by the bacteria *Streptococcus pyogenes*, (also known as Group A streptococcus). Not all sore throats are caused by streptococcal bacteria. Persons ill with a sore throat should see a healthcare provider to determine the cause. Complications of strep throat: rheumatic fever, acute glomerulonephritis, toxic shock syndrome.

SIGNS AND SYMPTOMS:

- Sore throat –throat appears red and there may be white pus on the tonsils
- Fever
- Runny nose
- Headache, stomach ache, nausea and/or vomiting
- Enlarged lymph nodes in the neck
- Some persons may develop a rash

INCUBATION PERIOD:

- 2-5 days

HOW IT SPREADS:

- Strep throat is transmitted through contact with droplets and respiratory secretions from an infected person, primarily through coughing and sneezing.

TREATMENT:

- Antibiotics are needed to treat strep throat.

EXCLUSION:

- Yes
- Exclude symptomatic students and students with confirmed diagnosis must be on antibiotics for 24 hours before they can return.

NOTIFY NURSE:

- No

PREVENTION/CONTROL:

- Frequent hand washing
- Cover cough
- Proper disposal of tissues and other items contaminated with secretions
- Disinfect common areas (e.g. handrails, table tops, etc.)
- Stay home when sick and avoid contact with others

Source: CDPHE Guidelines for Infectious Diseases in Childcare and School Settings