

**Greenwich Public Schools
School Health Program**

HEALTH ALERT

Dear Parents,

Classroom: _____ Date: _____

There has been a case of **STREP THROAT diagnosed** in your child's classroom. Please monitor your child carefully, and notify your physician if your child develops any of the signs or symptoms listed below. Some children will rapidly develop many symptoms while others may have only one. Rarely are they without symptoms. Different bacteria and viruses cause tonsillitis or red sore throats. Strep Throat is caused by a specific bacterium: Group A Beta Hemolytic Streptococcus. You cannot tell by looking at the red throat if it is Strep. A throat culture is required. A negative culture or 24 hours of antibiotics, **and** your child has not had a fever without the use of fever reducing medication are required before returning.

Signs/Symptoms:

Sore throat, difficulty swallowing food and/or liquids, hoarse voice, or cough. redness and possibly swelling of the tonsils by the back of the throat, poor appetite, vomiting or stomach ache, fever, headache, neck ache, foul breath, swollen and tender neck glands, night sweats (from fevers), or children who have a cold and then develop greenish nasal discharge or discharge at the back of the throat. You may notice a fever that may go up and down during the day and night. It is not unusual to have a normal temperature early in the morning and a high fever at night and sometimes a rash (may indicate Scarlet Fever: rash is red and very fine little "bumps" like sandpaper, typically on abdomen and trunk). Please have your child seen by their physician.

Incubation:

12 hours - 4 days.

Transmission:

Person to person by droplet (coughing/sneezing/kissing etc) and surfaces touched by infected person (cups, eating utensils etc).

Treatment:

1. Your physician will confirm Strep Throat by a throat culture. There are two types of cultures: A Rapid Strep Test (with results in 5-20 minutes) or the more sensitive test is a culture that is read 24 hours later.
2. An antibiotic is prescribed for at least 7-10 days. It is very important that your child takes the entire course of medication. Do not stop the medication because your child appears well and/or is fever free continue the medication as directed.
3. Your physician will advise you about pain/fever reducing medication. Give plenty of liquids.
4. A child with Strep Throat needs plenty of rest; encourage quiet activities.
5. You and your child should wash your hands frequently, especially after coughing, sneezing, or using tissues.
6. Do not share drinking glasses, eating utensils, etc. The use of disposable paper cups may be helpful the first 24 hours to remind children not to share cups.

General Information:

--Please report an episode of confirmed Strep Throat to the nurse's office as soon as possible. Please contact us even if your child developed Strep Throat on a non-school day (weekend, holiday, vacation).

--Consult your physician if your child's condition is not improving.

--Some children who have Strep Throat/Scarlet Fever may experience very dry peeling palms afterwards. This is normal.

Return To School:

At least 24 hours after beginning antibiotic treatment **and** your child has not had a fever without the use of fever reducing medication. For example, if your child begins antibiotic at 2 pm today, (s)he may not return to school tomorrow, wait until the following school day.

Sincerely,

PHN School Nurse