

Strep Throat Notification

On _____ a child from this childcare center was diagnosed with strep throat.

What is it? Strep throat is a sore throat caused by streptococcal bacteria. You can get strep throat even if your tonsils have been removed. It is spread by droplets of saliva from coughing and is contagious until the person has been on antibiotics for at least 24 hours.

What to watch for?

- Severe and sudden sore throat with solid redness. Fever of 101 degrees or higher
- Swollen lymph nodes in the neck with possible blisters or white fuzzy patches covering the tonsils and back of the throat.
- Refusal of the child to eat, drink, or even swallow their own saliva.

How to prevent it?

- Drink 8-10 glasses of water every day.
- Avoid contact with people who have strep throat.
- Cover your mouth when coughing and **wash hands** thoroughly.

What can we do at home?

- Gargle with warm salt water. Salt reduces swelling and pain.
- Drink warm fluids to soothe your sore throat.
- Take Tylenol or Ibuprofen to reduce pain and fever.
- Use nonprescription throat lozenges to soothe the throat.

When do we call the doctor?

- Any difficulty swallowing or difficulty breathing
- If you develop a sore throat after being exposed to strep throat.
- If you have a sore throat along with two of the following: fever >101 Degrees, white or yellow coating on the tonsils or back of throat, or swollen lymph nodes in the neck.
- Rash with sore throat or sore throat lasting longer than two weeks.
- Finish all antibiotics prescribed to you by your doctor.