

STREP THROAT INFORMATION AND CONTROL MEASURES

What is Strep Throat?

It is an infection caused by a bacterium, Group A Streptococcus, which is characterized as a sore throat. If left untreated, it may cause problems with the heart or kidneys.

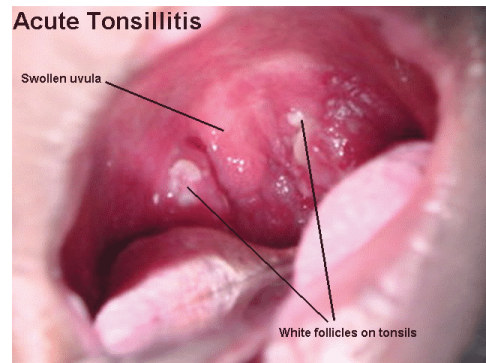
How is Strep Throat detected?

It is found through:

1. Throat culture
2. Rapid antigen strep screen
3. Rapid DNA test

Strep throat is recognized by 1 or more of the following:

- Sore throat
- Difficulty swallowing
- Red throat with white spots or pus
- May have a fever and chills
- Swollen nodes in neck
- Headache
- Stomachache
- Some children may have ear pain
- Nausea, possible vomiting
- Decreased appetite
- Rash
- Muscle aches
- Fatigue



If left untreated, it may result in a condition called Scarlet Fever. Scarlet Fever is characterized with a fine, raised sand paper type rash on the body that is itchy and may last up to 5 days.

How is Strep Throat spread?

It is spread by close contact with droplets from nose and mouth (respiratory secretions)

Case Findings-Administrative Procedures for Strep Throat

When a school nurse suspects Strep Throat:

- If one or more symptoms listed above are present, the student should be referred to a healthcare provider for evaluation.

Control Measures for Strep Throat

- Antibiotics ordered by a Legal Prescriber
- After 24 hours of treatment with antibiotics the child may return to school
- The child should not go to school or be around other children until fever free for 24 hours and is feeling well enough to participate in school activities.
- Suggest the following:
 - a. Replace toothbrush and wash pillowcase/bed linen after taking antibiotics for 24 hours
 - b. Wash hands often

REFERENCES

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3. **American Academy of Pediatrics**. (Section 3). In: Pickering LK, Baker CJ, Long SS, McMillan JA, eds. *Red Book: 2006 Report of the Committee on Infectious Diseases*. 27th ed. Elk Grove Village, IL: American Academy of Pediatrics; 2006: (452-460)