



Strep Throat

Your child may have been exposed to strep throat. Strep throat and a strep throat with rash (scarlet fever) are common bacterial infections in children.

If you think your child has strep throat:

- Tell your childcare provider or call the school.
- **Keep your child home from childcare and school** until 12 hours after antibiotic treatment begins and the fever is gone.
- Children who test positive for strep, but do not have symptoms, do not need to be excluded. They are unlikely to spread the infection to other people.
- For more information, call Hennepin County HSPHD-Epidemiology at 612-543-5230 or call your local health department.

Parent/Guardian information

Symptoms

Strep throat – Your child may have a fever that starts suddenly, red sore throat, and swollen glands with white patches. Headache may occur. Children may have stomach pain and vomiting.

Scarlet fever – Sometimes a very fine red rash appears at the same time as the throat soreness. The rash feels like sandpaper and is most often on the neck, chest, elbow, groin, inner thigh, and folds of the armpit. Later, the skin on the fingertips and toes may peel. The rash lasts 2 to 7 days.

If your child is infected, it may take 2 to 5 days for symptoms to start.

Spread

- By coughing or sneezing.
- By touching contaminated hands, objects, or surfaces.

Contagious period

Until 12 hours after antibiotic treatment begins.

Strep Throat

Call your health care provider

- If anyone in your home has symptoms, especially if your child has a sore throat, fever, and swollen glands without a runny nose or cough. A doctor may do a lab test and give antibiotics. Not all sore throats are caused by strep.

Prevention

- Cover nose and mouth when coughing and sneezing. Use a tissue or your sleeve. Dispose of used tissues in the trash.
- Wash hands after touching anything that could be contaminated with secretions from the nose or mouth. Your child may need help with handwashing.
- Never share drink containers, cups, or silverware. Wash all dishes with hot soapy water between uses.
- Clean and disinfect any objects that come in contact with secretions from the nose or mouth (especially mouthed toys). Use a product that kills germs.

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