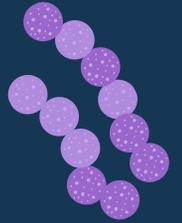


# STREP THROAT

## Facts and Prevention Tips for Schools and Child Care Centers

### GENERAL INFORMATION

- Strep throat is an infection in the throat and tonsils caused by a bacteria called group A *Streptococcus*.
- Strep throat can spread through various means such as breathing in droplets released when an infected person talks, coughs, or sneezes. It also includes touching contaminated surfaces, or sharing eating and drinking items with someone who is sick.



### SIGNS AND SYMPTOMS

- Common symptoms include: fever, pain in throat especially when swallowing, red and swollen tonsils, white patches on the tonsils, tiny red spots on the roof of the mouth, and swollen lymph nodes.
- Some children may experience abdominal pain, nausea or vomiting, and headache.



### WHEN TO STAY HOME

- Children should not go back to school or a childcare center until:
  - At least 12 hours have passed after starting an antibiotic treatment **and**
  - They feel well enough to participate in their normal activities **and**
  - Have been fever-free for 24 hours without using fever-reducing medications.



### PREVENTION

- Teach students to cover their mouth and nose when coughing or sneezing.
- Encourage frequent handwashing or use of an alcohol-based hand sanitizer.
- Clean and disinfect commonly touched surfaces.



If there is an increase in strep throat or other illnesses, call your local health department.



NJ Department of Health - School Health Page



CDC Strep Throat Page