



STREP THROAT: FACT SHEET FOR PARENTS

WHAT IS STREP THROAT?

Strep throat is an infection in the throat and tonsils that can cause throat pain, fever, and swollen glands in the back of the neck. Anyone can get strep throat; however, it's more common in children ages 5-15 years old. People can get strep throat more than once.

HOW DOES STREP THROAT SPREAD?

The bacteria that causes strep throat can spread when an infected person coughs or sneezes. You can get sick if you breathe in those droplets, or touch something that has the droplets on it and then touch your nose or mouth.

A SIMPLE TEST GIVES FAST RESULTS

There are two types of tests for strep throat: a rapid strep test and a throat culture. Untreated strep can lead to serious illnesses like damage to the heart, brain, kidneys, and other organs.



ANTIBIOTICS ARE USED FOR TREATMENT

People with strep throat should stay home from work, school, or daycare until they: are feeling better with no fever AND have been on the right antibiotics for at least 12 -24 hours.



PROTECT YOURSELF AND OTHERS

- Wash your hands frequently with soap and water or alcohol-based hand sanitizer.
- Avoid sharing eating utensils with someone who is sick with a sore throat.
- Cover your cough or sneeze with a tissue, upper sleeve, or your elbow.
- Clean your environment and high-touch surfaces, especially things touched by a child with strep throat.
- Avoid contact with open wounds or people with weakened immune systems while still infectious.
- Check with your provider if you or other household members who have been exposed may need treatment and testing, especially if your child's symptoms return after treatment.
- Your child may be advised to stay home for a longer period during outbreaks clusters or recurrent cases