



Sequatchie Valley Planning & Development Agency
Sequatchie Valley Head Start

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Dear Parent or Guardian:

_____ A child in our program has Strep Throat.

_____ Your child may have Strep Throat.

Information about Strep Throat:

What is it? Strep throat is a sore throat caused by the streptococcus bacteria that are passed around through nose and mouth secretions. It is very common in children. Most sore throats, however, are caused by viruses and are not treated with antibiotics.

Why is it important that your child receive treatment?

- Treatment reduces spread. If not treated or not treated long enough, your child may continue to spread the infection to other members of your family or to other children.
- Treatment with antibiotics can usually prevent rheumatic fever. Rarely, some children with strep throat later develop rheumatic fever-abnormalities such as abnormalities of the heart valves and inflammation of the joints.
- Treatment will also prevent other rare, but possibly dangerous complications.

Please take these precautions:

1. Watch your child for signs of a sore throat and other signs of strep, such as headache, fever, stomachache, and swollen and tender neck glands.
2. If your child develops a sore throat and any of these other signs, please see your health care provider, tell her or him that another child in the program has strep, and ask to have your child tested for strep throat. In one to two days you will have the results of the culture. If strep is found, your child will receive antibiotic treatment.

When can your child come back to the program? Your child can return after taking an antibiotic for at least 24 hours.

What should you do to prevent the spread of strep throat?

- Thoroughly wash your hands and your child's hands after wiping noses and before eating or preparing food.
- Wash dishes carefully in hot, soapy water or a dishwasher.
- Do not allow children to share cups, spoons, or toys that are put into the mouth.
- Do not allow sharing of food.