



## ILLNESS ALERT: STREP THROAT

Date: \_\_\_\_\_

Please be advised that a child in our facility has presented symptoms of Strep Throat. Please read below for more information about this communicable disease and how to prevent illness.

**What is Strep Throat?** Strep throat is a bacterial infection caused by *group A Streptococcus*. It primarily affects the throat and tonsils and is spread through respiratory droplets when an infected person coughs or sneezes. It can also spread through shared food, drinks, or contact with contaminated surfaces.

### **Symptoms:**

Strep throat can cause a range of symptoms that may include:

- Sore throat
- Painful swallowing
- Fever
- Red and swollen tonsils (sometimes with white patches)
- Swollen lymph nodes in the neck
- Headache, stomach pain, or rash in some cases

**How long is a strep throat contagious?** Strep throat is contagious from the onset of symptoms and until at least 24 hours after starting antibiotic treatment. Without treatment, individuals can remain contagious for up to 2–3 weeks even if symptoms improve.

**Exclusion from School or Childcare:** Children diagnosed with strep throat should remain home until they have been on antibiotics for at least 24 hours and are fever-free without the use of medication.

**Program actions:** The affected classroom(s) have been thoroughly cleaned and disinfected, including all toys, surfaces, and shared materials. Staff members are reinforcing hand hygiene practices and encouraging children to cover coughs and sneezes to prevent further transmission.

**Contact the Ohio Department of Health or visit:**

<https://www.odh.ohio.gov>

<https://www.cdc.gov/norovirus/index.html>