Strep Throat/ Scarlet Fever

What You Need to Know

OAKLAND
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What is Strep Throat?

An infection caused by bacteria, Group A Streptococcus (Strep). It is important to diagnose and treat strep throat because strep may cause significant problems if left untreated.

What are the symptoms of Strep Throat?

- Sudden fever - over 101° F
- Sore throat with white spots on both tonsils and throat
- Swollen lymph nodes on the neck
- Painful swallowing

A throat culture or strep test is needed to accurately diagnose strep. Strep throat with a sand paper-like rash on the body is called scarlet fever.

How is Strep spread?

Respiratory droplets through sneezing and coughing. It is sometimes spread by indirect contact with objects such as drinking from the same glass, or eating from the same plate as a sick person.

How long is a person contagious?

Incubation period is usually 1-3 days. Someone can be contagious 10-21 days if disease is untreated.

Who gets Strep Throat?

Strep can occur at any age but is most common in school age children. It is most common in late winter and early spring.

What is the treatment for Strep Throat?

Oral antibiotics; use of amoxicillin is most common. It is important to complete antibiotic therapy as recommended or serious complication may occur.

What are the complications of Strep Throat?

Untreated Strep can lead to kidney disease, rheumatic fever or throat abscess.

How is Strep Throat prevented?

- Wash hands frequently.
- Cough or sneeze into tissue. Dispose of tissue properly into trash can. Use of handkerchiefs not recommended. Wash hands after using a tissue for a cough or sneeze.
- Don't share eating utensils.
- Exclude an infected person from school or child care until 24 hours after beginning medication.

HAND WASHING INSTRUCTIONS:

- Use soap and running water
- Rub your hands vigorously for 20 seconds
- Wash all surfaces, including:
  - backs of hands
  - wrists
  - between fingers
  - under fingernails
- Rinse well
- Dry hands with a paper towel
- Turn off the water using a paper towel instead of bare hands