

Strep Throat Fact Sheet

Symptoms of strep throat

Generally considered a mild infection, however strep can be very painful.

Common symptoms may include:

- **Fever**
- **Throat pain** when swallowing
- Sore throat that can start very quickly and may look red
- Red and swollen tonsils
- White patches or streaks of pus on tonsils
- Tiny, red spots on roof of the mouth, called petechiae (pronounced pi-TEE-kee-eye)
- Swollen lymph nodes in the front of the neck

Some individuals, *especially children*, may have other symptoms, too that include:

- Headache
- **Stomach pain**
- Nausea or **vomiting**
- “Scarlet fever” (fine red sandpaper-like rash that may appear on the neck, chest, inner thigh, or folds/creases of the elbow, groin, and armpits)

➤ It usually takes **two to five days** for someone exposed to group A streptococcal bacteria by **respiratory droplets** or **direct contact** to become ill with strep throat

Diagnosis and treatment of strep throat

Doctors may perform one or two tests to confirm diagnosis of strep throat:

- A rapid strep test involves swabbing the throat and running a test on the swab
- A throat culture takes time to see if group A strep bacteria grow from the swab and can sometimes find infections that the rapid strep test misses
 - **If the test is positive**, doctors can prescribe antibiotics
 - If prescribed antibiotics, it is *crucial* you finish the entire course of treatment to ensure the infection does not come back or take hold elsewhere in the body

Viral Causes of a Sore Throat

- Cough
- Runny nose
- Hoarseness (changes in voice that make it sound raspy, or strained)
- Pink eye (conjunctivitis)

**Viral causes of a sore throat
DO NOT improve with antibiotics**

RETURN TO SCHOOL

Children are considered *no longer contagious* and **may return to school** when they have:

- Taken antibiotics for **24 hrs**

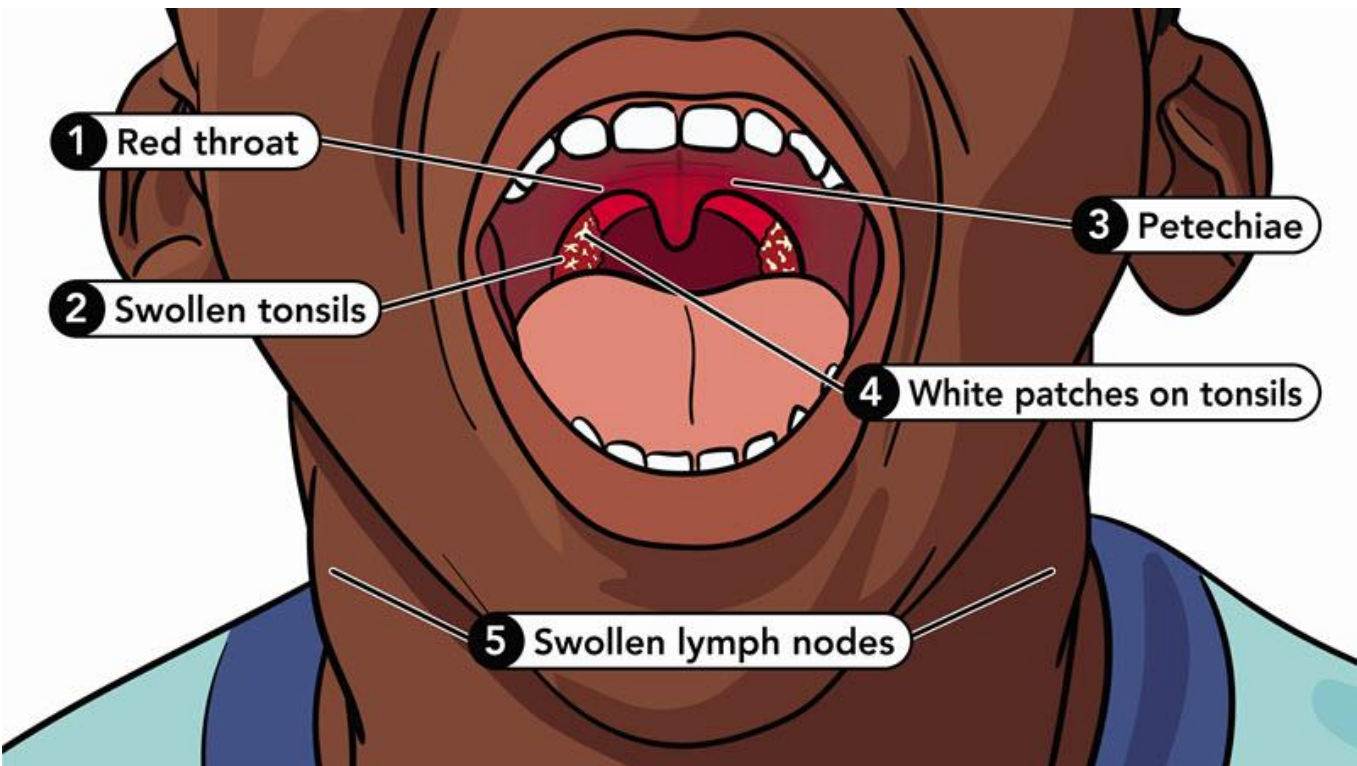
AND

- Been **fever-free** (under 100.0° F) without fever-reducing medications for 24 hours

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A healthy throat



Signs of strep throat

<https://www.cdc.gov/groupastrep/diseases-public/strep-throat.html>