

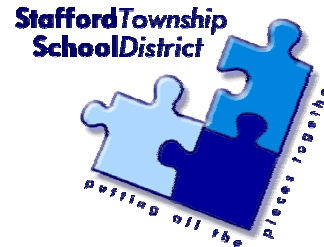
These complications can usually be prevented by early diagnosis and appropriate treatment.

Follow-up Care

Your child's doctor or nurse will tell you if and when your child needs to be seen again.

Call the doctor if you have any questions or concerns or if your child:

- Does not seem better after taking antibiotic medicine for 48 hours
- Has pain and swelling of the joints, fever and rash
- Has less urine, dark urine and mild swelling of the hands, feet or around the eyes.
- Is under 1 year old and has sunken eyes, no tears when crying and has no damp diaper for 8 hours. These are signs of dehydration.
- Is over 1 year old and has sunken eyes, no tears when crying and no urine for 12 hours. These are signs of dehydration.



For additional information contact your school nurse at 609-978-5700

Primary Learning Center x1276
Ocean Acres x1113
Oxycocus x1073
McKinley Avenue x1140
Intermediate x1074
District Nurse Coordinator x 1205



Wellness Series

Keeping students healthy,
fit and eager to learn

Strep Throat Streptococcal Pharyngitis





Strep Throat

Streptococcal Pharyngitis

Strep throat is an infection of the throat and tonsils. It is most often seen in school-age children. It is spread from one person to another person. Your child may show signs of Strep Throat from 1-3 days after being with another person who has Strep Throat. When your child has Strep Throat, your child may have the following:

- Sore throat
- Fever that is higher than 101°
- Headache
- Nausea or vomiting
- Swollen glands in the neck area
- Feel very tired and cranky

Most sore throats are not Strep Throat, but are instead caused by a virus. Antibiotics will not treat viral infections.

What causes Strep Throat?

Bacteria cause Strep Throat. The name of the bacteria is Streptococci Pyogenes, which is sometimes called “Strep” for short.

How is Strep Throat diagnosed? Your doctor may do a throat culture to see if your child has Strep.

How is Strep Throat treated?

Offer your child plenty of fluids to drink. Do not worry about giving your child solid foods. Fluids are easy to swallow while the throat is very sore.

An antibiotic medicine will be prescribed for your child if he/she has Strep. It is important for your child to take ALL of the medicine. If your child does not take all of the medicine, the infection may return. Even when your child feels well again, you must give your child all the medicine until it is gone.

Keep your child home from school until your child has taken the antibiotic medicine for one full day AND your child has no fever.

To keep germs from spreading, it is important for family members to wash

hands often. Do not share cups or eating utensils with other family members. If anyone in your family gets a fever, sore throat or swollen glands in the neck, call the doctor.

How long does Strep Throat Last?

It may take one to three days for your child to feel well again after starting the medicine.

Special considerations

There are two major complications of Strep Throat. These are Rheumatic Fever and Post-Streptococcal Glomerulonephritis:

- Symptoms of Rheumatic Fever include pain and swelling of the joints, fever and rash. Sometimes the valves of the heart may be damaged. These symptoms may be seen from 2-5 weeks after Strep Throat begins.
- Symptoms of Post-Streptococcal Glomerulonephritis include less urine, dark urine, mild swelling of the hands, feet or around the eyes and tiredness. These symptoms may be seen around 10 days after Strep Throat begins.