



Minneapolis Public Schools Health Related Services



Strep Throat/Scarlet Fever

Dear Parent/Guardian:

Strep throat and/or scarlet fever (strep throat with a rash) has been reported in your child's classroom.

Cause: A bacteria

Symptoms: Sudden onset of fever, sore throat, and swollen glands. Headache, nausea and vomiting may occur. With scarlet fever, a very fine raised rash (feels like sandpaper) is present. The rash appears most often on the neck, chest, armpit, elbow, groin, and the inner thigh. Later, there may be peeling of the skin on the fingertips and toes.

Spread: A person with strep throat coughs or sneezes germs into the air and another person close by breathes in that air. A person can also get strep from touching these germs and then touching his/her mouth, nose and eyes.

Incubation: Usually 2 to 5 days from the time a person is exposed until symptoms develop.

Contagious Period: Until 24 hours after antibiotic treatment begins.

Exclusion: Until 24 hours after antibiotic treatment begins and the child is without fever for 24 hours.

Prevention/Control:

1. Wash hands thoroughly with soap and warm running water after contact with secretions from the nose or mouth.
2. If your child develops a sore throat and/or other symptoms listed above, keep him/her home and call your health care provider.
3. Diagnosis: Strep is diagnosed by a throat culture or rapid strep test.
4. Strep is treated with antibiotics. Antibiotics should be taken for the prescribed amount of time. This treatment will help to prevent more serious illness such as rheumatic fever.