

# Strep Throat or Scarlet Fever

Dear parent or guardian:

Your child recently may have been exposed to **strep throat** or **scarlet fever**. Scarlet fever is strep throat infection accompanied by a rash. Both are caused by bacteria.

Children with strep throat or scarlet fever should stay home from school or childcare until at least 12 hours after they start antibiotics and are fever-free.

## Symptoms

Symptoms include:

- Sore throat.
- Fever.
- Headache.
- Swollen lymph nodes in the neck.
- Decreased appetite.
- Sandpaper-like rash in armpit or groin (if scarlet fever).

Children under 3 years rarely get strep throat.

## Spread

Strep throat spreads through contact with a sick person. It spreads through coughing, sneezing, or by sharing cups or utensils.

## Diagnosis and treatment

A healthcare provider can diagnose strep throat with a lab test. It is treated with antibiotics.

## Prevention

- Wash your hands frequently and thoroughly with soap and warm water, especially after touching your mouth or nose.
- Don't share food or personal items, like cups and utensils.
- Clean toys and other frequently touched items often.
- Cover coughs and sneezes with a tissue or your elbow.
- Throw away tissues after each use.

## Learn more

For more info, contact a healthcare provider.