STREP THROAT
(STREPTOCOCCAL THROAT INFECTION)

What is Strep throat?

Strep Throat is a throat infection caused by the streptococcal bacteria.

How is it spread?

Strep throat is spread through large respiratory droplets or direct contact with someone who has the disease. Nasal carriers are particularly likely to spread the disease.

What are the signs and symptoms?

The symptoms of strep throat may include an elevated temperature, sore throat, and swollen neck glands.

What is the incubation period and how long is it communicable?

The incubation period is usually one to three days. It is communicable for ten to twenty-one days possibly weeks or months in untreated cases. Antibiotic therapy is usually given to prevent complications involving the heart and kidneys.

How can Strep throat be prevented?

Good and frequent hand washing will help stop the spread of the virus. Also, children and adults should not share items such as cups, glasses, and utensils.

Preventive measures include covering mouth and nose when coughing or sneezing, blowing the nose into a tissue, and discarding the tissue into the trash. Avoid public places when sick and avoid eating or drinking from another's plate, glass or utensils.

It is recommended to use spray bottles to apply the disinfectant (1 part bleach to 9 parts of cool water to be prepared daily) to contaminated surfaces such as toilets, sinks, floors, tables, water fountains or any areas where a sick individual has been.

What should I do about it?

Persons who have these symptoms should see their physicians. Contaminated articles and floors need to be disinfected.

Children can **NOT** attend school/childcare and may be readmitted 24 hours after the initiation of antibiotic treatment. The SRCHD Epidemiology Program may change exclusion rules at any time.

Clusters of two or more persons are considered a **reportable disease** to the Santa Rosa County Health Department (SRCHD).

For more information, please contact the SRCHD's Epidemiology Program at 850-983-5200.

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