

## Strep Throat Information....

Please be aware that between the lower and middle school there have been a few confirmed cases of strep throat these past 2 weeks. As such, I wanted to make everyone aware of some signs and symptoms to watch out for.

Symptoms:

- Fever
- Red throat, sometimes with white patches
- Sore throat
- Headache
- Stomach pain or Nausea
- Chills
- General ill feeling
- Loss of appetite
- Swollen lymph nodes in the neck
- Difficulty swallowing

If your child has some of these symptoms, please take him/her to the doctor to get it checked out. I cannot diagnose strep throat in my office.

Please do not send them to school in the hopes that they will feel better on their own. Doing so is not fair to the ill child or to the rest of the students who could be exposed to the bacteria.

If your child does have strep and is being treated with antibiotics, please wait until they have been taking the antibiotics for 24 hours before sending them back to school. They remain contagious until that 24 hour mark has passed.

To prevent strep throat please encourage your children to **wash their hands often**. Hand washing is the best way to prevent the spread of disease and germs. Please remind your children to not share drinks, cups, or utensils with their friends. And it is always a good idea for everyone to eat a balanced diet and get enough sleep at night to help strengthen their immune system.