Strep Throat/Scarlet Fever Illness Notification Recommendations

The verbiage below can be used to notify parents of *two or more cases of strep throat or scarlet fever in a classroom*. Include this fact sheet with the notification: milivcounty.gov/wp-content/uploads/Strep-Throat-Scarlet-Fever.pdf.

School Name: (Include school name here)
Classroom: (Include classroom name here)

Date: (Include date here)

Dear Parent and/or Guardian:

Several students in your child's classroom have been diagnosed with strep throat/scarlet fever.

About Strep Throat/Scarlet Fever:
Strep throat is an infection in the throat and tonsils caused by bacteria called group *A Streptococcus*. Strep throat is a common cause of sore throat in children and less common in adults. In general, strep throat is a mild infection, but it can be very painful.

Strep throat can be spread through droplets in the air when an infected person coughs or sneezes. Individuals can also get sick by touching surfaces or objects that have the droplets on them and then touching their nose or mouth.

Common symptoms of strep throat include fever, pain when swallowing, sore throat, red and swollen tonsils, white patches or streaks of pus on the tonsils, tiny red spots on the top of the mouth and swollen lymph nodes. A healthcare provider can test to determine if an individual has strep throat.

A person with strep throat can also develop a rash, known as scarlet fever. The rash is typically a fine red rash that appears on the neck, chest, under arms, elbows, groin, and on the inner thighs.

Next Steps for Your Family:
Watch your child for symptoms of strep throat/scarlet fever over the next 5 days. Students with symptoms should stay home. They should also be evaluated by a healthcare provider. Students should not return to school or childcare until their fever has resolved and at least 12 hours have passed since starting antibiotics.

Tips to Prevent and Control Strep Throat/Scarlet Fever:

- If your child has a fever, especially with a rash, they should stay home from school.
- Remind your child to cover their mouth when they sneeze or cough.
- Encourage good hand hygiene. Wash hands with soap and water for at least 20 seconds.
- Clean surfaces with soap and water. Then use a store-bought disinfectant or homemade solution, being sure to leave disinfectant on the surface for one minute before wiping dry. To make a homemade disinfectant solution: combine 1 gallon of water with 1/3 cup household bleach.
- Wash and dry clothing, linens, towels, and soft toys at the highest temperature recommended for the fabric.
- Read When and How to Clean/Disinfect Your Home.

If you have any questions, contact your healthcare provider or Livingston County Health Department at 517-552-6882.