Date

Dear Parent or Guardian:

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

**What are the symptoms of strep throat and scarlet fever?**

Symptoms include sore throat, fever, headache, swollen lymph nodes in neck and a decreased appetite. Scarlet fever is a sandpaper-like rash that sometimes occurs in people that have strep throat. The rash is usually most noticeable in the armpits and groin area. Children younger than three years with strep throat rarely have a sore throat. Most commonly, these children have a runny nose, fever, irritability, and loss of appetite.

**How is strep throat and scarlet fever spread?**

Strep throat spreads through direct contact with the respiratory secretions of a sick person. It can be through coughing, sneezing, or by sharing drinking glasses or eating utensils with a sick person.

**How is strep throat and scarlet fever diagnosed and treated?**

A health care provider makes a diagnosis of strep throat by sending a throat swab for testing. Both are treated with antibiotics.

**How do you control the spread?**

* Wash hands frequently and thoroughly, especially after touching mouth or nose.
* Avoid sharing food or personal items, like drinking cups and eating utensils.
* Clean shared toys and other potentially contaminated items.
* Cover mouth with tissue or arm when coughing or sneezing.
* Dispose of dirty tissues after use.
* Children with strep throat or scarlet fever should not return to school or childcare until at least 24 hours after starting antibiotics ***and*** the fever is gone.

**How do I get more information?**

For more information about strep throat or scarlet fever, contact your healthcare provider.