



**Programs for Parents, Inc.**  
Comprehensive Services for Families & Children

## YOUR MONTHLY HEALTH TIP FROM PFP

### STREP THROAT AND SCARLET FEVER

Strep throat is caused by bacteria called A Streptococcus. When a fine, **red rash** accompanies strep throat it is called **Scarlet Fever**. The rash appears as reddened, sunburned skin which starts on the upper chest and quickly spreads to the rest of the chest and abdomen. The rash spreads to the entire body within 24 hours. The presence of the rash does not increase the severity of the disease.

#### Some of the signs and symptoms of strep throat may include:

- Sore throat
- Fever
- Stomachache
- Headache
- Swollen lymph nodes in neck
- Decreased appetite
- Runny nose
- Cough
- Congestion

The incubation period for strep throat is 2 to 5 days. It is spread by **direct contact** with an infected person's mouth or nasal discharge, by **respiratory droplets** or **close contact** with the infected person.

The best way to avoid the spread of infection in the child care setting is to **wash hands**. It is important to wash tables and chairs after meals with a bleach solution of 1 tablespoon bleach mixed with 1 quart of cool water. Let this solution stay on the surface for at least 60 seconds before wiping off.

The child may return to the child care center after being seen by their pediatrician. The pediatrician should write a note stating **when** the child may return to child care. Report the infection to staff and parents so they will know to watch for symptoms of strep throat in themselves and others.

**For more information  
on strep throat & scarlet fever,  
call the Warmline at  
1-800-713-9006  
to speak to a pediatric nurse.**

