

## Dear CIS Primary School Parent!

**Strep throat** is a very common that we especially in the fall and winter season. The infections spread easily, we kindly request for your co-operation in this regard. Please take time to read and follow the below information and advices.

"Strep Throat" is a contagious disease. It is caused by Infection with "Group A *Streptococci* Bacteria" and is very common among children.

A Child suffering from "Strep Throat" will need to pay the Doctor a visit in order to get a prescription for antibiotics, which you thereafter can buy at the local pharmacy. With proper medical care along with plenty of rest and fluid - your child should be back on its feet in no time.

### How and why one gets infected?

Children are likely to get infected with "Strep Throat" during the school year. This is a natural consequence of being in large groups in confined space and having close physical contact with varying classmates during play.

The Bacteria causing "Strep Throat" thrive in the nose and throat - so sneezing, coughing or even shaking hands can easily spread the "strep" infection from one child to the other.

Consequently, it is necessary to advise the children to wash hands often. When assisting your child in blowing its nose you as an adult must also remember to wash hands.

Doing so can lessen chances of getting contagious infections like Strep Throat.

### "Strep Throat" or just a sore throat?

Viruses - *not the strep bacteria* - usually tend to cause a less serious sore throat. If your child's nose is running, he/she is coughing, and if this is combined with hoarseness and red running eyes in addition to the sore throat, it's probably a virus and will clear up on its own.

"Strep Throat", however, is different. The following symptoms will give you a clear indication of a "Strep Throat" infection within approximately three days:

- Red and white patches in the throat
- Feeling of pain when swallowing
- Tender and swollen glands (lymph nodes) on the sides of the neck
- Red, enlarged tonsils
- Headache
- Fever
- General discomfort, uneasiness, or ill feeling

If you or your child's throat is sore and you have any such strep throat symptoms, it's important that you see your doctor.

A Doctor can often do a **Rapid Strep Test** at his clinic. He or she will use a swab to take a sample of the fluids at the back of your throat. The test only takes about five minutes. Consequently, you and/or your child will receive antibiotic treatment if tested positive. If the test is negative the doctor probably sends a sample to the lab for a throat culture to diagnose and identify other possible bacterial infections. Such test results are usually available within 3 days.

### **How Is Strep Throat Treated?**

If your child suffers from "Strep Throat" your doctor will probably prescribe an antibiotic treatment lasting approximately ten days. The body temperature will usually decline back to its normal level within the first 24 Hours of having initiated the treatment. By the second or third day most of the other symptoms should also diminish.

Even if your child does not feel sick any longer, **it is important to finish the antibiotic treatment as prescribed!** If you stop taking antibiotics too soon some bacteria may still remain in the throat and the symptoms come back. What is even worse is that persons who do not finish their antibiotic treatment may develop new and mutated bacteria resistant to antibiotic treatment, which can develop in to a very serious problem, and not only for the person in question as these bacteria can also spread!

### **Keeping "Strep" to yourself**

If your child is infected with strep bacteria there are a number of measures you can take to prevent the bacteria from spreading. do not: share food or drinks, napkins, handkerchiefs or towels. Cover your mouth and nose when you sneeze or cough to prevent passing fluid droplets to someone else. Wash your hands frequently, particularly after wiping or blowing your nose.

**It is important your child stays home at least 24 hours after having initiated the antibiotic treatment in order to prevent passing the "Strep" infection to other persons.**

### **What can you do to make your Child feel Better?**

To prevent dehydration, drink plenty of cool liquid, such as water, especially if you have a fever. Avoid drinking orange juice, grapefruit juice, lemonade, or other acidic drinks if they irritate your sore throat. Warm liquids like soup, tea with honey, or hot chocolate can be soothing.

If you have any concerns, please do not hesitate to call me or send me an e-mail!

Best Personal Regards,

Charlotte Zeeberg

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