

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Rick Scott
Governor

John H. Armstrong, MD, FACS
State Surgeon General & Secretary

Vision: To be the **Healthiest State** in the Nation

STREP THROAT (Streptococcal Throat Infection)

What is Strep throat?

Strep Throat is a throat infection caused by the streptococcal (Group A) bacteria that is highly contagious.

What are the signs and symptoms of a Strep throat infection?

The symptoms of strep throat may include an elevated temperature, sore throat, scratchy and/or itchy throat, and swollen glands in the neck.

How are Strep throat infections spread?

Strep throat is spread through large respiratory droplets (sneezing, coughing) or direct contact with someone who has the disease. Nasal carriers are particularly likely to spread the disease.

What is the incubation period of Strep throat and how long is it contagious?

The incubation period is usually 2 to 5 days. The risk of spread is reduced when ill persons are treated with antibiotics immediately.

What should I do if I think I have a Strep throat infection?

Persons who have these symptoms should see their physicians for medical treatment. A health professional should evaluate all individuals with a severe sore throat that lasts more than 24 hours. Children **cannot** be in school/daycare until symptoms clear, are on antibiotics for twenty-four hours, and may need a note of clearance before returning. Contaminated surfaces and equipment should be disinfected. It is also recommended to change your toothbrush after starting medical treatment.

How can I prevent myself and others from getting a Strep throat infection?

Covering the mouth and nose when coughing or sneezing, blowing the nose into a tissue, discarding the tissue into the trash, and washing hands prevent spreading the infection. People should avoid public places when sick and avoid eating or drinking from another's plate, glass, or utensils.

For more information, please contact the Florida Department of Health in Orange County, Epidemiology Program at 407-858-1420. You may also visit the Epidemiology Program website, <http://orange.floridahealth.gov/programs-and-services/infectious-disease-services/epidemiology/index.html>, Centers for Disease Control and Prevention website, <http://www.cdc.gov/Features/StrepThroat/>, or the OCHD School Health website at <http://orange.floridahealth.gov/programs-and-services/clinical-and-nutrition-services/school-health/index.html> for additional information.