



Health Notification

Tonsillitis (or Strep Throat)

What is it? Strep throat (*Latvian – ang na*) or tonsillitis is an inflammation of the tonsils located at the back of the throat caused by the **bacteria**, *Group A streptococcus*.

Symptoms of tonsillitis include: a sudden onset of sore throat, fever, swollen glands in the neck, and pain on swallowing. The tonsils become enlarged and red, and may develop white “spots”. Sometimes this same bacteria causes a red, sand-papery rash, called Scarlet Fever or scarlatina.

Tonsillitis is contagious and is spread person-to-person by close contact.

How do I know if it’s really strep throat and not a virus? Doctors most often can tell the difference just by looking at the throat, but to be sure they may do a *rapid strep test* or a throat culture. It is important to know if tonsillitis is caused by a bacteria as this can have serious complications if left untreated.

How to treat: If your doctor has confirmed that it is strep throat, the doctor will prescribe antibiotics. Make sure that your child completes the full course of treatment to prevent any complications. As well, make sure that your child drinks lots of fluids and gets plenty of rest. Use a pain reliever, such as acetaminophen or ibuprofen, for throat pain.

How to prevent: As with most viruses, bacteria and other germs, hand washing frequently is the single best way to prevent the spread of this illness. Encourage your children to cover their coughs as well.

For more information, go to: <http://www.cdc.gov/features/strepthroat/>

ISL Policy

- If you suspect your child may have any of the above symptoms, please consult with your child’s doctor for proper treatment.
- Please notify the School if your child has been diagnosed with strep throat.
- Children may return back to school with a doctor’s note once they are fever-free for 24 hours or on antibiotics for 24 hours.

From the desk of:
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