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September 18, 2023

Dear Parents or Guardians,

The health and safety of all our stakeholders are important to meeting the needs of the 'whole' child. The weather is changing quickly, we are in the flu season and students are becoming ill. If your child is sick, it is appropriate to keep him/her home from school until the symptoms have improved. A child who is sick will not be able to perform well in school and is likely to spread the illness to other children and staff. If your child has:

- A fever of 100.4 in the past 24 hours
- Vomiting in the past 24 hours
- Diarrhea in the past 24 hours
- Sore throat
- Strep throat (must have been taking an antibiotic for at least 24 hours before returning to school)
- Bad cold, with a runny nose or bad cough
- Head Lice – (until your child has been treated according to the nurse or doctor's instruction)
- Eyes have a yellow / green discharge.
- Significant cough that makes a child uncomfortable or disrupts the class.
- COVID like symptoms
- Flu like symptoms

Masks will be available in the morning for students if they wish to wear a mask for protection.

If your child becomes ill at school your child may be seen at the clinic if he/she has a Health Consent Form on file. We do encourage you to consider signing the consent form that allows your child to be seen by our professional medical staff in our onsite clinic. You will receive a call if your child is too sick to be in school.

Educationally yours,

Ms. P. Davis
Principal/CAO

Strep Throat

What You Need to Know

What is strep throat?

Strep throat is an infection in the throat and tonsils caused by bacteria called group A *Streptococcus* (group A strep).

What are symptoms of strep throat?

- Sore throat
- Pain when swallowing
- Fever
- Red swollen tonsils, sometimes with white patches or streaks of pus
- Tiny red spots on the back or roof on mouth
- Swollen lymph nodes on the neck

Other symptoms may include- headache, nausea, vomiting or stomach pain. *Symptoms usually begin 2-5 days after being exposed to group A strep.*

How does strep throat spread?

Group A strep bacteria are very contagious. Generally, people spread the bacteria to others through talking, coughing, or sneezing, and direct contact with sores on the skin.

Some people are at increased risk.

Anyone can get strep throat, but there are some factors that can increase the risk of getting this common infection.

Age

Strep throat is more common in children than adults. It is most common in children 5 through 15 years old. It is very rare in children younger than 3 years old.

Adults who are at increased risk for strep throat include:

- Parents of school-aged children
- Adults who are often in contact with children

Group settings

Close contact with another person with strep throat is the most common risk factor for illness. For example, if someone has strep throat, the bacteria often spread to other people in their household.

Infectious illnesses tend to spread wherever large groups of people gather. Crowded settings can increase the risk of getting a group A strep infection. These settings include:

- Schools
- Daycare centers
- Military training facilities

Protect yourself and others

People can get strep throat more than once. While there is no vaccine to prevent strep throat, there are things people can do to protect themselves and others

- Wash your hands often for 20 seconds or use alcohol base hand sanitizer
- Cover your mouth and nose when coughing or sneezing
- Put used tissue in trash basket
- Cough or sneeze into upper sleeve
- Do not share cups, spoons, forks, or plates after someone who is sick

If your child is experiencing any symptoms of strep throat see a Healthcare Provider soon.

People with strep throat should stay home from work, school, or daycare until they have taken antibiotics for at least 24 hours so they don't spread the infection.

A simple test gives fast results



A Health Provider may swab your throat to test for bacteria.

A Health Provider will determine what type of illness you have by asking about symptoms and doing a physical exam. If they think you might have strep throat, they will swab your throat to test for strep throat. There are two types of tests for strep throat: a rapid strep test and throat culture.

Rapid strep test

A rapid strep test involves swabbing the throat and running a test on the swab. The test quickly shows if group A strep bacteria are causing the illness.

- **If the test is positive**, doctors can prescribe antibiotics.
- **If the test is negative**, but a doctor still suspects strep throat, then the doctor can take a throat culture swab.