

## Information regarding Strep Throat (Yorenkin: 溶連菌)

A child, who is infected by the Streptococcus bacteria usually, but not always, has a very red sore throat, pain with swallowing and spots on the tonsils. It may be accompanied by fever, swollen lymph nodes in the neck, and stomach problems. This can be followed by the development of a fine red rash, which covers much of the upper body and may spread to the arms and legs.

Streptococcal diseases need prompt diagnosis by a doctor and treatment with a course of antibiotics. If left untreated, serious and sometimes even life threatening complications can occur involving the heart or kidneys. Please be alert to initial symptoms of sore throat and fever. A simple throat swab that will diagnose streptococcal infection in a few minutes is available at most doctors' offices or clinics.

This bacterium is passed from person to person through direct contact with persons carrying the disease, especially through nasal secretions. The incubation time is 1 to 7 days. The child will be contagious until 24 hours after antibiotic therapy has been started. When returning to school please complete the **Certificate for Returning Pupils** and hand it to the school nurse.

We will do our best to minimise the possibility of cross-infection and we would advise that you check the following website for up-to-date information concerning this illness:

NHSDirect – <http://www.nhs.uk/Conditions/Streptococcal-infections/Pages/Introduction.aspx>

If you have trouble accessing these websites or would like any further information please contact the School Nurses.

Nurses can be contacted on:

Email – [nurses@bst.ac.jp](mailto:nurses@bst.ac.jp)

Shibuya Medical Room – 03 5467 4366

Showa Medical Room – 03 3411 4213

Best regards

The British School in Tokyo  
Health & Safety Office