



## Prevention and Control Measures: Strep Throat (Group A *Streptococcus* Infection)

### Transmission:

- Strep throat is caused by a bacteria that lives in the nose and throat of infected individuals.
- It can be spread when a person comes into contact with droplets from an infected person's cough or sneeze.
- It can also be spread if someone drinks from the same glass or eats from the same plate as an infected person.

### Prevention and Control Measures:

- Always cover your mouth with a tissue when coughing or sneezing. Cough or sneeze into your upper sleeve or elbow, if you do not have a tissue available.
- Practice proper [hand washing hygiene](#).
- Do not share a drink, food, or utensils with someone who has strep throat.
- Those ill should not return to the facility until after at least 24 hours of antibiotic treatment.
- Have a health professional evaluate individuals with a severe sore throat with a rash or a severe sore throat that lasts more than 24 hours and is not associated with other signs or symptoms of a cold to identify if strep throat is causing their illness.
- Clean and disinfect frequently touched surfaces or common areas with 1:10 parts bleach and water solution. Allow the solution to sit for 10 minutes before wiping away. Always follow the cleaning product's manufacturer label.



[http://www.cdc.gov/hicpac/Disinfection\\_Sterilization/6\\_Disinfection.html](http://www.cdc.gov/hicpac/Disinfection_Sterilization/6_Disinfection.html)

### For More Information:

Visit [cdc.gov](http://cdc.gov) and type [strep throat](#) in the SEARCH box.



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