

Portsmouth Middle School  
Portsmouth, Rhode Island

January 30, 2024

Memo to: Parents and Guardians

Memo from: Tara Joncas, RN/CSNT

Re: Strep Throat

There are many cases of Streptococcal throat infection in all grades here at PMS. Your child may have been exposed. Please take the following precautions:

Watch your child for signs of a sore throat and other signs of strep (headache, fever, and stomachache, swollen and tender neck glands). Please see your health care provider if your child develops a sore throat or any of these signs of strep infection. If strep is found, your child will be treated with an antibiotic.

Strep throat is a sore throat caused by Streptococcus bacteria that are passed around through nose and mouth droplets. It is very common in children. Most sore throats are caused by viruses and are not treated with antibiotics. Strep throat must be treated with antibiotics to prevent spread to others and to prevent rare but serious complications. Children who have been diagnosed with a strep infection may return to school after taking medication for at least 24 hours and fever is gone. We can all work together to prevent the spread of strep bacteria by taking the following simple precautions:

1. Thoroughly wash your hands and your child's after wiping noses and before eating and preparing food.
2. Wash dishes carefully in hot soapy water or a dishwasher.
3. Never allow the sharing of food or allow children to share cups, spoons, or toys that are put in the mouth.
4. Remind your child to wash his or her hands before eating and after using a tissue while at school.
5. Tissues should be disposed of after a single use

If your child does contract a strep infection, please inform me as soon as possible to enable me to monitor the cases.

Thank you for your attention to this important health matter.

