



Scarlet Fever



A rise in Scarlet Fever has been reported in the news this week.

Scarlet fever or scarlatina, is an infection that causes a blotchy, pink-red rash. It's most common in young children.

It isn't usually serious and can be treated with antibiotics from your GP. Once you've had it, you are unlikely to get it again.

Symptoms of scarlet fever

Symptoms of scarlet fever develop within a week of being infected.

Early signs include a [sore throat](#), a [headache](#), a high temperature (38.3C/101F or above), [swollen glands](#) in the neck and being sick.

This may be followed by a rash on the body, a red face and a white or red tongue:

The scarlet fever rash:

- usually starts on the chest or tummy, before spreading to other areas
- is made up of pink-red blotches that may join up
- feels like sandpaper (this may be the most obvious sign in someone with dark skin)
- may be brightest red in body folds, such as the armpits or elbows
- turns white if you press a glass on it

The rash doesn't usually spread to the face, but the cheeks may turn very red.

This may look a bit like [sunburn](#).

The area around the mouth usually stays pale.

White or red tongue

Sometimes a white coating may form on the tongue.

Your GP will prescribe [antibiotic tablets](#) (or liquid for young children) to take for five or 10 days.

You or your child should start feeling better after a day or two, but make sure you finish the whole course of treatment.

While taking antibiotics:

- rest and drink plenty of fluids, take [paracetamol](#) or [ibuprofen](#) if you're uncomfortable or have high temperature (don't give [aspirin](#) to children under 16) try to avoid spreading the infection

To help stop the infection spreading:

- keep your child away from nursery or school for at least 24 hours after starting antibiotic treatment – adults should stay off work for at least 24 hours after starting treatment
- cover your mouth and nose with a tissue when you cough or sneeze – throw away used tissues immediately
- wash your hands with soap and water often, especially after using or disposing of tissues avoid sharing utensils, cups and glasses, clothes, baths, bed linen, towels or toys.



Our Family Support Worker



Mrs Joy Smith.



is here to help !

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