



Sacred Heart R.C. Primary School

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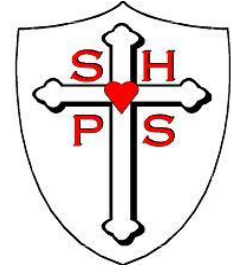
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SCARLET FEVER AND SCARLATINA

CONTROL

Scarlet Fever is very contagious. It is spread in the tiny droplets found in an infected person's breath, coughs and sneezes.

To help prevent the infection spreading:

- ✚ keep your child away from school for at least 24 hours after starting antibiotic 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.

SYMPTOMS

Symptoms include one or a number of the following:

- ✚ sore throat;
- ✚ headache;
- ✚ high temperature;
- ✚ swollen glands;
- ✚ sickness.

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;
- ✚ may be brightest red in body folds, such as the armpits or elbows;
- ✚ turns white if you press a glass on it;
- ✚ does not usually spread to the face, but the cheeks may turn very red (this may look like sunburn);
- ✚ leaves the area around the mouth pale.

Sometimes a white coating may form on the tongue. This peels away after a few days, leaving the tongue red and swollen.

TREATMENT

Treatment with antibiotics is recommended to reduce the length of time the infection is contagious, speed up recovery and reduce the risk of any further problems.

Scarlet Fever usually clears up within a week, although the skin may peel for a few weeks after the other symptoms have passed.

EXCLUSION

The infection is contagious from before the symptoms appear until:

- ✚ a minimum of 24 hours after starting antibiotic treatment;
- ✚ up to two or three weeks later if not treat with antibiotics.

Contact your GP or telephone the NHS Helpline (111) if you are unsure if it is Scarlet Fever.