29 January 2020

Dear Parent /Carer

We are writing to inform parents that we have recently had a case of scarlet fever confirmed within the school/home community.

Although scarlet fever is usually a mild illness, it is highly contagious and should be treated with antibiotics to minimise the risk of complications and reduce the spread to others.

The symptoms of scarlet fever include a sore throat, headache, fever, nausea and vomiting. This is followed by a fine red rash which typically first appears on the chest and stomach, rapidly spreading to other parts of the body. On more darkly pigmented skin, the scarlet rash may be harder to spot, but it should feel like 'sandpaper'. The face can be flushed red but pale around the mouth.

If you think you, or your child, have scarlet fever:

• See your GP or contact NHS 111 as soon as possible • Make sure that you/your child takes the full course of any antibiotics prescribed by the doctor. • Stay at home, away from school or work for at least 24 hours after starting the antibiotic treatment, to avoid spreading the infection

If your child has an underlying condition which affects their immune system, you should contact your GP to discuss whether any additional measures are needed.

Further advice and information can also be obtained from www.nhs.uk/conditions/scarlet-fever

Yours sincerely

Angela Mollan MSc., BA(Hons)., Cert. Ed. (Post 16)

For, and on behalf of: Peregrinate School Limited.

Frequently Asked Questions

**Scarlet Fever**

**Scarlet fever is a contagious infection that mostly affects young children. It's easily treated with antibiotics.**

## Check if you have scarlet fever

The first signs of scarlet fever can be flu-like symptoms, including a high temperature of 38C or above, a sore throat and swollen neck glands (a large lump on the side of your neck). A rash appears a few days later.

## Treating scarlet fever

Your GP will prescribe antibiotics. These will:

* help you get better quicker
* reduce the risk of serious illnesses, such as [pneumonia](https://www.nhs.uk/conditions/pneumonia/)
* make it less likely that you'll pass the infection on to someone else

## Important

## Keep taking the antibiotics until they are finished, even if you feel better

## Things you can do yourself

You can relieve symptoms of scarlet fever by:

* drinking cool fluids
* eating soft foods if you have a sore throat
* taking painkillers like paracetamol to bring down a temperature (do not give aspirin to children under 16)
* using calamine lotion to stop itching

## How long scarlet fever lasts

Scarlet fever lasts for around a week.

You're infectious up to 7 days before the symptoms start until 24 hours after you take the first antibiotic tablets.

People who do not take antibiotics can be infectious for 2 to 3 weeks after symptoms start.

Important

Children with scarlet fever should stay off school for 24hours after starting antibiotics or, until their fever has gone.