

# Skeltons Chemists

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## Opening Times

Monday to Friday - 8.30am - 5.30pm

Saturday - 8.30am - 3pm

Sundays & Bank Holidays - Closed

## Your FREE Healthy Living Leaflet for March 2023

1. What are the first symptoms of scarlet fever?
2. How much later does a rash appear?
3. What does it look like?
4. What other symptoms are there?
5. Where doesn't a rash appear?
6. What are common symptoms of the strep A infection?
7. What should you do if your child is unwell?
8. How do you catch the strep A infection?
9. What are treatments for the strep A infection?
10. How can you avoid getting infections?



**NHS**

## Scarlet fever and Strep A

### Answers on the bottom of page two

### Scarlet fever

Scarlet fever is a contagious infection that mostly affects young children. It's easily treated with antibiotics. The first signs of scarlet fever can be flu-like symptoms including a high temperature, sore throat and swollen neck glands

A rash appears 12 to 48 hours later. It looks like small, raised bumps and starts on the chest and tummy, then spreads.

The rash makes your skin feel rough, like sandpaper. On white skin the rash looks pink or red but on brown and black skin it might be harder to see a change in colour though you can still feel the rash and see the raised bumps.

A white coating also appears



on the tongue. This peels off leaving the tongue red, swollen and covered in little bumps (called strawberry tongue). The rash does not appear on the face, but the cheeks

can look red. The redness may be harder to see on brown and black skin. The symptoms are the same for children and adults, although scarlet fever is less common in adults.

You should speak to a GP if you or your child:

- Have scarlet fever symptoms
- Do not get better in a week (after seeing a GP)
- Have scarlet fever and chicken pox at the same time.
- Are ill again after scarlet fever got better – this can be a

sign of a complication such as rheumatic fever

- Are feeling unwell and have been in contact with someone who has scarlet fever.

## **Strep A infections**

Strep A is a common type of bacteria. Most strep A infections are mild and easily treated but some are more serious. Common symptoms are:

- ◆ Flu like symptoms
- ◆ Sore throat
- ◆ A rash that feels rough like sandpaper
- ◆ Scabs and sores
- ◆ Pain and swelling
- ◆ Severe muscle aches
- ◆ Nausea and vomiting



It can be difficult to tell when a child is seriously ill, but the main thing is to trust your instincts. If your child does not seem seriously ill, you can look after them at home. If they're uncomfortable, you can give them children's paracetamol - check with us that it is suitable for your child.

You get strep A infections from close contact with an infected person. It can be passed on through coughs and sneezes or from a wound. In some people the bacteria live in the body without causing symptoms or making them feel unwell, but they can still pass the bacteria on to others.

Things that might make you more at risk of Strep A infections include:

- \* A weakened immune system

- \* Open sores or wounds
- \* Some viral infections such as cold or flu.

Make an urgent GP appointment or get help from NHS 111 if:

- ▶ Your child is unwell and is getting worse
- ▶ Your child is feeding or eating much less than normal
- ▶ Your child has fewer wet nappies than usual or is peeing less than usual or shows signs of dehydration
- ▶ Your baby is under 3 months and has a temperature of 38°C or is 3-6 months and has a temperature of 39°C or higher
- ▶ Your child is very tired or irritable.

Most Strep A infections can be easily treated with antibiotics. If you or your child has a strep A infection, you should stay away from nursery, school or work for 24 hours after you start taking antibiotics. This will stop the infection spreading to other people. Serious strep A infections (invasive group A streptococcus - iGAS) need to be treated in hospital with antibiotics.

To reduce the chance of catching or spreading Strep A:

- Wash your hands often with soap and water
- Cover your mouth and nose with a tissue when you cough or sneeze
- Bin used tissues as quickly as possible.



**For more information on this or any other health related issue please speak to one of our trained team members.**

Answers: Q1, Flu-like symptoms - high temperature, sore throat and swollen glands. Q2, 12 to 48 hours later. Q3, Small raised bumps which make your skin feel rough like sandpaper. Q4, A white coating appears on the tongue which peels leaving the tongue red, swollen and covered in little bumps. Q5, The face. Q6, Flu-like symptoms, a rash that feels rough, scabs and sores, pain and swelling, severe muscle aches, nausea and vomiting. Q7, Trust your instincts as you know better than anyone else if your child is seriously unwell. Q8, By close contact with an infected person. Q9, Antibiotics. Q10, Wash your hands with soap and water, cover your mouth when you cough or sneeze, bin used tissues