



## One minute guide to...

### Scarlet Fever

#### What is it?

Scarlet fever is usually a mild illness caused by bacteria that occurs most often in the winter and spring. Symptoms include a high temperature, rash, sore throat, flushed cheeks, and swollen tongue.

Scarlet fever is highly contagious and is spread by close contact with someone carrying the bacteria. It takes around 2 to 5 days to develop symptoms after exposure to these bacteria.

#### Actions to take if you have cases in your setting:

- Send children home if they are unwell. Advise parents and carers to seek advice from their GP if they think their child may have scarlet fever.
- Increase good hygiene measures to reduce spread for example:
  - Encourage staff and children to wash their hands regularly with soap and water.
  - Encourage covering of the nose and mouth with a tissue when coughing or sneezing. Tissues should be disposed of immediately, and hands washed with soap and water.
  - Increase cleaning of surfaces that could be contaminated including desks and shared items such as iPads and toys.
- Children can return to their education or childcare setting 24 hours after commencing appropriate antibiotic treatment. If no antibiotics have been administered the person will be infectious for 2 to 3 weeks.

#### Who to inform?

- Any queries please email the Education Infection Prevention and Control Team: [EducationIPC@cumbria.gov.uk](mailto:EducationIPC@cumbria.gov.uk)
- You only need to inform [UKHSA](https://www.ukhsa.gov.uk) if there is an outbreak of scarlet fever (2 or more cases), and /or there is chickenpox co-circulating in the setting at the same time. The Cumbria and Lancashire local UKHSA Health Protection team can be contacted on 0344 225 0562 or email [cl.hpt@phe.gov.uk](mailto:cl.hpt@phe.gov.uk)

#### Further Information:

- NHS information about scarlet fever: <https://www.nhs.uk/conditions/scarlet-fever/>