We know that parents may be concerned regarding Group A streptococcus (Step A). It is always concerning when a child is unwell. Strep A infections cause various symptoms such as sore throat, fever, chills, and muscle aches. More information can be found on the NHS website here - [Strep A - NHS (www.nhs.uk)](https://www.nhs.uk/conditions/strep-a/)

Symptoms of a strep A infection that you should look out for include:  
- Flu-like symptoms, such as a high temperature, swollen glands or an aching body  
- sore throat (strep throat or tonsillitis)  
- a rash that feels rough, like sandpaper (scarlet fever)  
- scabs and sores (impetigo)  
- pain and swelling (cellulitis)  
- severe muscle aches  
- nausea and vomiting.

Most strep A infections are not serious and can be treated with antibiotics. But rarely, the infection can cause serious problems. This is called invasive group A strep (iGAS).

You should get 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 other signs of dehydration  
- your baby is under 3 months and has a temperature of 38C, or is 3 to 6 months and has a temperature of 39C or higher  
- your child is very tired or irritable.  
  
It is important to trust your instincts if your child is unwell. Get medical help if you think you need it.

[Check symptoms on 111 online](https://111.nhs.uk/triage/check-your-symptoms) (for children aged 5 and over) or call 111 (for children under 5)

You should call 999 or go to A&E if:

* your child is having difficulty breathing – you may notice grunting noises or their tummy sucking under their ribs
* there are pauses when your child breathes
* your child’s skin[, tongue or lips are blue](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhs.uk%2Fconditions%2Fblue-skin-or-lips-cyanosis%2F&data=05%7C01%7CAnthony.White%40ukhsa.gov.uk%7C1f9a593c6c4f43e05e8408dad4598d6f%7Cee4e14994a354b2ead475f3cf9de8666%7C0%7C0%7C638055778334425225%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=sKef600WPZSZjEFdrOrVWU1PEKhPwcxR7Oz0ddcwPRE%3D&reserved=0)
* your child is floppy and will not wake up or stay awake.

You can find your nearest A&E [here](https://www.nhs.uk/service-search/other-services/Accident-and-emergency-services/LocationSearch/428).