

Important information for Parents and Carers on Strep A and Scarlet Fever

If your child has any of the following or you require urgent help:

- Is pale, mottled and feels abnormally cold to touch
- Has blue lips
- Too breathless to talk / eat or drink
- Has a fit/seizure
- Is extremely agitated (crying inconsolably despite distraction), confused or very lethargic (difficult to wake)
- Has dark green vomit
- Has a rash that does not disappear with pressure (the '[Glass Test](#)')

If your child has any of the following or you require a GP appointment

- Is finding it hard to breathe
- Has laboured/rapid breathing or they are working hard to breathe – drawing in of the muscles below their lower ribs, at their neck or between their ribs ([recession](#)).
- Unable to swallow saliva
- Has features suggestive of scarlet fever (see above)
- Seems dehydrated (sunken eyes, drowsy or not passed urine for 12 hours)
- Is drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) - especially if they remain drowsy or irritable despite their fever coming down
- Has extreme shivering or complains of muscle pain
- Has a painful, red swollen gland in their neck which is increasing in size or a painful swelling behind their ear which is pushing their ear forwards
- Is 3-6 months of age with a temperature of 39°C/102.2°F or above (but fever is common in babies up to two days after they receive vaccinations)
- Continues to have a fever of 38°C or above for more than 5 days
- If your child has recently had scarlet fever but now appears to have a puffy face/eyelids, 'coca-cola' coloured urine (pee), or a swollen, painful joint(s)
- Is getting worse or if you are worried

If none of the above features are present, apply self care

Continue providing your child's care at home. If you are still concerned about your child, speak to your [health visitor](#), [local pharmacist](#) or call NHS 111– dial 111

Children and young people who are unwell and have a high temperature should stay at home. They can go back to school, college or childcare when they no longer have a high temperature, and they are well enough to attend.

Addition information is available about infant crying and how to cope [Click here](#)

For leaflets to download please click the links below.

[What-to-do-if-your-child-is-unwell A4 Leaflet.pdf](#)

[Scarlet Fever Advice](#)

Please find further information and advice sheets for many different symptoms in children (not just Scarlet Fever related), so you are aware of the warning signs you need to look out for, and when to seek medical help.

<https://what0-18.nhs.uk/professionals/gp-primary-care-staff/safety-netting-documents-parents>



North East London

What is invasive Group A strep?

In very rare occasions the bacteria that causes scarlet fever can get into the bloodstream and cause an illness called **invasive Group A strep**

Speak to your GP or NHS 111 if:

- Your child is feeding or eating much less than normal
- Your child feels hotter than usual (for a baby under 3 months a temperature of 38°C, for older than 3 months a temperature of 39°C or higher)
- Your child is very tired or irritable

Call 999 or go to A&E if:

- Your child is having difficulty breathing
- There are pauses when your child breathes
- Your child's skin, tongue or lips are blue
- Your child is floppy and will not wake up or stay awake

What is Scarlet Fever?

Scarlet fever is usually a mild illness and is easily treated.

Symptoms include:

- A sore throat
- Headache
- Swollen neck glands
- Fever
- A fine, pinkish or red body rash with a sandpapery feel



The rash may be harder to see on darker skin but you should be able to feel it.

Contact your GP or NHS 111 if you think your child has scarlet fever