



All Parents and
Carers at
Alma Primary School

7th February 2017

PHE Case Record Number: 174525

Chickenpox and Scarlet Fever circulating at your child's school

Dear Parent / Carer,

For your information, Chickenpox and Scarlet Fever are circulating amongst the children and staff at Alma Primary School. These are normal childhood illnesses and most people born in the UK acquire these infections in childhood. Both scarlet fever and chicken pox are spread very easily.

If your child has not already had Chickenpox, please look carefully for signs and symptoms. If your child develops a rash or any spots, please keep your child at home from school and away from pregnant and vulnerable contacts until the spots have crusted over (usually about 5 days).

If your child develops chickenpox and you or someone else in the household is pregnant and not immune, or has a condition or are on treatment which suppresses immunity to infection, please contact your GP/midwife for advice as soon as possible.

Once someone has had chickenpox infection they will not get the infection again. However chickenpox can lead to complications for pregnant women who have never had the infection before.

Scarlet Fever is usually a mild illness; it should be treated with antibiotics to minimise the risk of complications and reduce the spread to others. The symptoms of scarlet fever include:

- 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 nursery, school or work for at least 24 hours after starting the antibiotic treatment, to avoid spreading the infection.
- It is also preferable that they have a throat swab to confirm the illness.

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

You can find more information in the attached factsheets and further advice can also be obtained from the North East North Central London Health Protection Team on 020 3837 7084 during office hours.

For parents who would like more information on Chicken Pox or Scarlet Fever, fact sheets are attached. Information can also be sourced from NHS 111 or NHS Choices via the internet at www.nhs.uk/conditions/chickenpox/pages/introduction.aspx and www.nhs.uk/conditions/Scarlet-fever/Pages/Introduction.aspx.

Yours sincerely



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