



**Waverton Community Primary School**

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***Learning together. Achieving together.***

6<sup>th</sup> March 2020

Dear Parents/Guardians,

To keep you informed, we have had one recent confirmed case of Slapped Cheek in school and would like to pass on the following information taken from "NHS Slapped Cheek Guidelines":

The first sign of slapped cheek syndrome is usually feeling unwell for a few days. Symptoms may include:

- a high temperature of 38C or more
- a runny nose and sore throat
- headache

After 1 to 3 days, a bright red rash appears on both cheeks. Adults don't always get the rash.

After 1 to 3 days with a cheek rash, a light-pink body/arms/legs rash may appear, the skin is raised and can be itchy. The rash fades from the centre of red areas towards the edges, giving it a lacy appearance. The rash can recur after [exercise](#), warm baths, rubbing the [skin](#) or emotional upset.

Not all children with slapped cheek syndrome develop the rash. Conversely, parents of some children may become concerned if the rash lasts several weeks or fluctuates with environmental factors, such as [exercise](#) and warm baths. Both are normal.

The incubation period (the period between infection and signs or symptoms of illness) is usually four to 14 days, but can be as long as 21 days. Once there is a rash on the **face**, the **child** with the rash is not infectious and cannot spread the infection to others. They **can go to school** or play centre as usual.

### **How long it lasts**

The cheek rash normally fades within 2 weeks. The body rash also fades within 2 weeks but sometimes comes and goes for up to a month – especially if you're exercising, hot, anxious or stressed.

**If you have any concerns at all about your child, please contact your GP or call the NHS helpline on 111**

### **Things you can do yourself**

#### **Do**

- rest
- drink plenty of fluids to avoid [dehydration](#)
- take paracetamol or ibuprofen for a high temperature, headaches or joint pain
- use moisturiser on itchy skin
- speak to a pharmacist if you have [itchy skin](#) – they can recommend the best antihistamine for children

## Don't

- give aspirin to children under 16 years of age

**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. In addition, if you are pregnant or believe you may be and have any concerns please consult with your GP, hospital doctor or provider of your antenatal care.**

Please inform the school office should your child have confirmed Slapped Cheek.

Yours sincerely,

*S J Talbot*

Simon Talbot  
Head Teacher