

## Appendix A

### **GROUP A STREP INFECTION: ADVICE FOR PARENTS:**

There are lots of infections that cause sore throats, colds and coughs circulating at the moment. You will probably have heard the news that there are a higher number of Group A Streptococcus (Strep A) infections this year compared to usual. It causes infections such as Scarlet Fever, tonsillitis and skin infections such as impetigo, among others.

Symptoms can include sore throat, fever, chills and muscle aches. In the case of Scarlet fever, a rash will develop with a sandpapery feel; for people with darker skin, the rash may not be apparent, but there will be the same sandpapery feel. For impetigo, reddish sores or blisters can appear on the face or elsewhere.

Strep A infections are usually mild and can be easily treated with antibiotics. However, in rare circumstances, the infection can get into the bloodstream or deep into the lungs and cause serious illness.

It's always concerning when a child is unwell and it is important to be on the lookout for signs that may indicate serious illness. As a parent, if you feel that your child seems seriously unwell, you should trust your own judgement.

#### **Contact NHS 111 or your GP if:**

- your child is getting worse
- your child is feeding or eating much less than normal
- your child has had a dry nappy for 12 hours or more or shows other [signs of dehydration](#)
- your baby is under 3 months and has a temperature of 38C, or is older than 3 months and has a temperature of 39C or higher
- your baby feels hotter than usual when you touch their back or chest, or feels sweaty
- your child is very tired or irritable

#### **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](#)
- your child is floppy and will not wake up or stay awake

Good hand and respiratory hygiene are important for stopping the spread of many bugs. By teaching your child how to wash their hands properly with soap for 20 seconds, using a tissue to catch coughs and sneezes, and keeping away from others when feeling unwell, you can help to reduce their risk of picking up or spreading infections.

Further useful advice is available here [Group A Strep - What you need to know](#)

[Information about Scarlet Fever: includes some useful information and images](#)