

# London Borough of Sutton

Children young people and learning directorate  
Dr Nicola Lang, Director of Public Health

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[www.sutton.gov.uk](http://www.sutton.gov.uk)

Dear colleagues,

## Re: Increase in Scarlet Fever notifications 2014/15

We are writing to inform you of a national increase in Scarlet Fever notifications to Public Health England, above seasonally expected levels. Scarlet fever is a notifiable disease and we would like to take this opportunity to remind you of the signs, symptoms and the actions to be taken if you become aware of an outbreak at your school or nursery.

### Signs and symptoms of scarlet fever

Scarlet fever is a common childhood infection caused by *Streptococcus pyogenes*, or group A streptococcus (GAS). The early symptoms of scarlet fever include sore throat, headache, fever, nausea and vomiting. After 12 to 48 hours the characteristic red, pinhead rash develops, typically first appearing on the chest and stomach, then rapidly spreading to other parts of the body, and giving the skin a sandpaper-like texture. The scarlet rash may be harder to spot on the skin of some Black and Asian people, although the 'sandpaper' feel should be present. Patients typically have flushed cheeks and pallor around the mouth. This may be accompanied by a 'strawberry tongue'. As the child improves peeling of the skin can occur.

### Infection control advice

In schools and nurseries it is recognised that infections can be spread through direct physical contact between children and staff and through shared contact with surfaces such as table tops, taps, toys and handles. During periods of high incidence of scarlet fever there may also be an increase in outbreaks in schools, nurseries and other child care settings. As per national *Guidance on Infection Control in Schools and other Child Care Settings*, children and adults with suspected scarlet fever should be **excluded** from nursery / school / work for **24 hours** after the commencement of appropriate antibiotic treatment. Good hygiene practice such as hand washing remains the most important step in preventing and controlling spread of infection.

Strategic Director  
Children young people  
and learning directorate  
Tolis Vouyioukas

Chief Executive  
Niall Bolger

**Recommended actions if you suspect an outbreak at your school or nursery**

**Contact** the **South West London Health Protection Team** for advice.

**Telephone 0344 326 2052.** They will provide you with a letter to cascade to staff and parents if appropriate.

Although scarlet fever is usually a mild illness, patients can develop complications; if you have any concerns please contact your local Health Protection Team for advice.

You can find more information on Scarlet Fever [here](#).

Yours sincerely

A handwritten signature in black ink, appearing to read 'Lang', written in a cursive style.

**Dr Nicola Lang**  
**Director of Public Health**