



WHAT YOU NEED TO KNOW

## SCARLET FEVER FACT SHEET

### What is Scarlet Fever?

Scarlet fever occurs mainly in children between the ages of 5 and 18 who are infected with group A streptococci bacteria. Scarlet fever can occur at any time of the year but more common in the colder seasons. Once a person has Scarlet fever, they usually **do not** get it again.

### What are the symptoms?

- Fever
- A very red, sore throat
- Flushing of the cheeks
- Tongue with deep red appearance (strawberry-colored)
- A red rash with a sandpaper feel

### What are some serious complications with Scarlet Fever?

- Rheumatic fever (affects the joints and heart)
- Acute kidney disease

*Look out for these symptoms that may lead to those conditions:*

- High fever
- Blood in urine
- Inflamed glands of the neck
- Earache
- Skin infection

**Most cases of Scarlet fever are mild, but still needs to be treated.**

### How can it be spread?

- Droplets from the nose, mouth or throat or direct contact with an infected person
- People are **most contagious** a 1-2 days before the rash appears and 4–5 days after
- **When treated with proper medicine, people are no longer contagious after 24 hours**

### How it is treated?

- See your doctor if you have symptoms
- If antibiotics are prescribed, take them as prescribed **even if you start feeling better**
- Rest and drink plenty of fluids

### How can it be prevented?

- Cover you mouth and nose with a tissue when coughing or sneezing then throw it away
- Sneeze or cough into elbow if no tissue is available
- Wash your hands after touching any nasal or oral secretions
- Wash your children's hands after coughing and sneezing