

5 April 2019

Dear Parents / Carers

A child in Early Years has slapped cheek syndrome. Symptoms are: fever, rash on the cheeks and upper body, sore throat and headache.

You do not usually need to see a GP for slapped cheek syndrome. There are some things you can do to ease symptoms while it clears up:

- rest
- drink plenty of fluids to avoid dehydration – babies should continue their normal feeds
- 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

Do not give aspirin to children under 16. And tell your midwife or GP if you are pregnant or have a weakened immune system and have been near someone with slapped cheek syndrome.

More information can be found at:

<https://www.nhs.uk/conditions/slapped-cheek-syndrome/>

To reduce the risk of spreading the virus:

- wash your hands often with warm water and soap
- use tissues to trap germs when you cough or sneeze
- bin used tissues as quickly as possible

Yours sincerely



Sharon Glover  
PA to Headteacher