



SLAPPED CHEEK SYNDROME

COMMON CHILDHOOD AILMENTS

SYMPTOMS

A general feeling unwell: temperature, sore throat, runny nose, headache. A red rash may appear on one or both facial cheeks (the rash may be less obvious on brown and black skin). There may be joint pain but this is rare in children.



INCUBATION

Slapped cheek syndrome is a virus (parvovirus B19). The virus spreads to people, surfaces, or objects by coughing or sneezing on or near them. The rash should only last 2 weeks. Slapped cheek syndrome is spread to other people before the rash appears. Inform school or nursery.



TREATMENT

Plenty of rest. Drink lots of fluids to avoid dehydration (babies should continue their normal feeds). Take paracetamol for a high temperature and headache. Consider an antihistamine or moisturiser for itchy skin. Wash hand regularly. Use tissues when you cough or sneeze.



TOP TIPS

Tell your Midwife or GP if you are pregnant, have a weakened immune system, a blood disorder, weakened immune system and have been near someone with slapped cheek syndrome. See a GP urgently if you feel tired, short of breath or faint.

IMPORTANT

FURTHER SUPPORT



Go to 111.nhs.uk



Call 111



Remember, if in doubt, call 111