



St John's Highbury Vale C of E Primary School

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Dear Parents/Carer

We would like to inform you we have had a case of slapped cheek within the school, therefore we have put together a few signs to look for below.

Although the rash can look alarming, slapped cheek syndrome is normally a mild infection that clears up by itself in one to three weeks. Once you've had the infection, you're usually immune to it for life.

However, slapped cheek syndrome can be more serious for some people. If you're pregnant, have a blood disorder or a weakened immune system and have been exposed to the virus, you should get medical advice.

Some people with slapped cheek syndrome won't notice any early symptoms, but most people will have the following symptoms for a few days:

- a slightly high temperature (fever) of around 38C (100.4F)
- a runny nose
- a sore throat
- a headache
- an upset stomach
- feeling generally unwell

Slapped cheek syndrome is usually mild and should clear up without specific treatment.

If you or your child are feeling unwell, you can try the following to ease the symptoms:

- rest and drink plenty of fluids – for a fever, headaches or joint pain, you can take painkillers, such as paracetamol or ibuprofen – children under 16 shouldn't take aspirin
- to reduce itchiness, you can take antihistamines or use an emollient (moisturising lotion) – some antihistamines are not suitable for young children, so check with your pharmacist first
- Unless you or your child are feeling unwell, there's no need to stay away from school or work once the rash has developed, as the infection is no longer contagious by this point.

