

This leaflet has been produced for your information.

For further advice please contact the school office or your doctor's surgery.

Symptoms of slapped cheek syndrome

The first sign of slapped cheek syndrome is usually feeling unwell for a few days.

Symptoms may include:

- a high temperature of 38C or more
- a runny nose and sore throat
- a headache
- A bright red rash may appear on both cheeks. It may look as if the cheeks have been slapped. Adults do not usually get the rash.
- A few days later, a lighter-coloured rash may appear on the chest, arms and legs. The skin is raised and can be itchy.



How long it lasts

The cheek rash normally fades within 2 weeks.

The body rash also fades within 2 weeks, but sometimes comes and goes for up to a month, especially if you're exercising, hot, anxious or stressed.



Do

- 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

Don't

- do not give aspirin to children under 16

How slapped cheek syndrome is spread

It's hard to avoid spreading slapped cheek syndrome because most people do not know they have it until they get the rash. You can only spread it to other people before the rash appears.

Slapped cheek syndrome is caused by a virus (parvovirus B19). The virus spreads to other people, surfaces or objects by coughing or sneezing near them.

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

Information:

You do not have to stay off school after the rash appears unless your child is presenting unwell.

Let the school or teacher know if your child has slapped cheek syndrome.

Please note: Slapped cheek is very dangerous for pregnant women, if you suspect your child has slapped cheek please seek medical advice and let the school know.