

## Fast Facts

### Scarlet Fever

- Also known as scarlatina
- Usually caused by the same bacteria that triggers strep throat
- Bacteria release toxins in the body that produces the symptoms of the illness
- It's spread via droplets that are expelled when an infected individual coughs or sneezes and another person comes into contact with them, usually by inhaling the particles
- Common for it to spread among those who have close contact with the infected person
- Children between the ages of 5 and 15 are more likely to catch it due to the close proximity to other children during school hours
- Takes about two to four days from being exposed to start experiencing symptoms

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<p><i>Distinct:</i></p> <ul style="list-style-type: none"> <li>-Bright red rash that feels like sandpaper and starts on the face/neck and spreads to the torso, arms and legs (eventually peels)</li> <li>-Darker red areas in folds of the skin, such as those around the groin, armpits, elbows, knees and neck,</li> <li>-Flushed face with a pale ring around the mouth</li> <li>-Strawberry tongue (red/bumpy and covered with a white coating the first few days of the infection)</li> </ul> <p><i>Other:</i></p> <ul style="list-style-type: none"> <li>-Fever of 101°F or higher</li> <li>-Chills</li> <li>-Very sore/red throat (sometimes has white/yellowish patches)</li> <li>-Difficulty swallowing</li> <li>-Enlarged lymph nodes in the neck that are painful when touched</li> <li>-Nausea/vomiting</li> <li>-Headache</li> </ul>	<ul style="list-style-type: none"> <li>-Antibiotics</li> </ul> <p><i>Comfort Measures:</i></p> <ul style="list-style-type: none"> <li>-Over-the-counter fever reducers</li> <li>-Drink plenty of water</li> <li>-Gargle with salt water</li> <li>-Lozenges for children over 4</li> <li>-Warm or cold liquids, like soups or ice pops</li> <li>-Cool mist humidifier</li> <li>-Avoid irritants, like cigarette smoke or cleaning products</li> </ul> <p><i>Decrease Chance of Spread:</i></p> <ul style="list-style-type: none"> <li>-Wash drinking glasses, utensils and toys in hot, soapy water</li> </ul>	<ul style="list-style-type: none"> <li>-Wash hands frequently and thoroughly with warm soapy water</li> <li>-Cover mouth and nose when coughing or sneezing</li> <li>-Don't share food or eating utensils with others</li> <li>-Teach techniques to children</li> </ul>

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