

The Coastal Federation

Bacton Primary, Mundesley Infant (SRB) and Junior Schools

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'together aspire, together achieve, together we are stronger...'

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Dear MIS and MJS Parents

We have a confirmed case of 'Slapped Cheek' at MIS and it is my duty to inform you of this. If you are pregnant, suffering from a blood disorder or have immune difficulties then please take note of the following advice from the NHS. It is also your duty as a parent to inform us of *confirmed* cases following medical advice from your GP.

Slapped cheek syndrome

About slapped cheek syndrome

Slapped cheek syndrome (also called fifth disease or parvovirus B19) is a viral infection that's most common in children, although it can affect people of any age. It usually causes a bright red rash on the cheeks.

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.

Symptoms of slapped cheek syndrome

Symptoms of slapped cheek syndrome usually develop 4-14 days after becoming infected, but sometimes may not appear for up to 21 days.

Initial symptoms

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

The infection is most contagious during this initial period.

In adults, these symptoms are often accompanied by joint pain and stiffness, which may continue for several weeks or even months after the other symptoms have passed.

Slapped cheek rash

After a few days, a distinctive bright red rash on both cheeks (the so-called "slapped cheeks") normally appears, although adults may not get this.

By the time this rash develops, the condition is no longer contagious.

After another few days, a light pink rash may also appear on the chest, stomach, arms and thighs. This often has a raised, lace-like appearance and may be itchy.

The rashes will normally fade within a week or two, although occasionally the body rash may come and go for a few weeks after the infection has passed. This can be triggered by exercise, heat, anxiety or stress.

<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/slapped-cheek-syndrome>