



Lightning Learning: Scarlet Fever



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East Midlands Emergency Medicine Educational Media

STOP!

There are on average **1-2K cases** of scarlet fever each winter in the UK. Children between 4-8 years are amongst the most affected.

It is caused by **Streptococcus pyogenes** (Group-A). This invasive bacteria can spread causing...

- 1) Peritonsillar abscess
- 2) Septicaemia
- 3) Meningitis
- 4) Pneumonia
- 5) Osteomyelitis



Post-streptococcal **complications** also include...

- 6) Rheumatic fever
- 7) Glomerulonephritis

Peak occurrence is seasonal from **December to April** annually.

LOOK

1) 24-hour prodrome Sore throat, fever, headache, muscle ache, tummy ache, nausea & vomiting.

Followed by...



2) Skin signs

Red, generalised, pinhead rash spreading from the trunk, with a *sandpaper-like texture* which in the flexures causes "Pastia's lines."

3) Oropharyngeal signs

White coated or Strawberry tongue including flushed cheeks, perioral pallor, inflamed tonsils +/- exudate.



LEARN

What Next?

- ✓ Consider **throat swab**
- ✓ Prescribe **antibiotic** without delay (*10 day course Pen V or macrolide*)
- ✓ Advise on **self care** (*rest, fluids, hygiene, paracetamol*)
- ✓ Advise **exclusion** from nursery, school, work for at least 24 hours
- ✓ **Notify** public health England

Further Reading

Scarlet Fever (DFTB)

<http://bit.ly/2WDQjtl>

Quick Tips: Scarlet Fever module (BMJ)

<http://bit.ly/2GeYveW>

Managing Scarlet Fever (BMJ)

<http://bit.ly/2SdAj34>

Scarlet fever: Guidance and Data (GOV.UK)

<http://bit.ly/2SbcuIZ>

Scarlet Fever scenario (NICE)

<http://bit.ly/2GaP3cr>