



# SAINT NORBERT'S CATHOLIC VOLUNTARY ACADEMY

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Mission Statement: To live, love and learn in the footprints of Jesus.

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Dear Families,

## Slapped Cheek Syndrome

I am writing to inform you that there have been confirmed instances of slapped cheek syndrome within school. This is common in children and should get better on its own within a few weeks.

The NHS website states that the first sign of slapped cheek syndrome is usually feeling unwell for a few days.

Symptoms may include:

- a high temperature
- a runny nose and sore throat
- a headache

A red rash may appear on 1 or both cheeks. Adults do not usually get the rash on their face. The rash may be less obvious on brown and black skin. A few days later, a spotty rash may appear on the chest, back, arms and legs. The rash can be raised and it may be harder to see on brown and black skin. The rash usually fades within 1 to 3 weeks, but it can sometimes last for longer, especially if you're hot or stressed.

Adults might also have joint pain and stiffness. This can happen in children too, but it's rare. Joint pain can continue for many weeks, even after the other symptoms have gone.

You do not usually need to see a GP for slapped cheek syndrome. However, adults should tell your midwife or a GP if you're pregnant or have a weakened immune system or blood disorder and have been near someone with slapped cheek syndrome.

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. Children do not have to stay off school after the rash has appeared.

Source: <https://www.nhs.uk/conditions/slapped-cheek-syndrome/>

Yours sincerely,

A Dawson