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Public Health
Wales

**Tîm Amddiffyn Iechyd
Health Protection Team**

Ffôn/Tel: 0300 00 300 32
Ebost/Email: aware@wales.nhs.uk

Your ref:
Our ref:

Gwefan/Web:
www.iechydcyhoedduscymru.org
www.publichealthwales.org

Date: 04/02/2019

5 February 2019

Dear Parent / Carer

We have been informed that a small number of children who attend Ysgol Bro Hyddgen, Machynlleth have been diagnosed with suspected / confirmed scarlet fever.

Although scarlet fever is usually a mild illness, it should be treated with antibiotics to minimise the risk of complications and reduce the spread to others.

The **symptoms** of scarlet fever include a sore throat, headache, fever, nausea and vomiting. This is followed by a fine red rash which typically first appears on the chest and stomach, rapidly spreading to other parts of the body. On more darkly-pigmented skin, the scarlet rash may be harder to spot, but it should feel like 'sandpaper'. The face can be flushed red but pale around the mouth.

If you think you, or your child, have scarlet fever:

- See your GP or contact NHS Direct as soon as possible
- Make sure that you/your child takes the full course of any antibiotics prescribed by the doctor.
- Stay at home, away from nursery, school or work for **at least 24 hours after starting the antibiotic treatment**, to avoid spreading the infection.

Complications

Children who have had **chickenpox** recently are more likely to develop more serious infection during an outbreak of scarlet fever and so parents should remain vigilant for symptoms such as a persistent high fever, cellulitis (skin infection) and arthritis (joint pain and swelling). If you are concerned for any reason please seek medical assistance immediately.

If your child has an underlying condition which affects their immune system, you should contact your GP or hospital doctor to discuss whether any additional measures are needed.

Further advice can also be obtained from the Health Protection Team on 0300 003 0032 during office hours.

Yours sincerely

Dr C. Johnson

Consultant in Health Protection

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4th Floor
2 Capital Quarter
Tyndall Street
Cardiff CF10 4BZ

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Matrix House
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Annwyl Riant/ Ofalwr

Cawsom ein hysbysu fod nifer bychan o blant sy'n mynd i Ysgol Bro Hyddgen, Machynlleth wedi cael diagnosis tybiedig / sydd wedi'i gadarnhau, o'r dwymyn goch.

Er mai salwch mwyn yw'r dwymyn goch fel rheol, dylid ei thrin â gwrthfotigau i isafu'r risg o gymhlethdodau a lleihau ei lledaeniad i eraill.

Mae **symptomau'r** dwymyn goch yn cynnwys dolur gwddw, cur pen, cyfog a chwydu. Yn dilyn hynny ceir brech goch fân a fydd yn ymddangos yn nodweddiadol i ddechrau ar y frest a'r stumog, gan ledaenu'n gyflym i rannau eraill o'r corff. Ar groen sydd â phigment tywyllach, gallai'r dwymyn goch fod yn anos ei gweld, ond dylai deimlo fel 'papur swnd'. Gall yr wyneb fod â gwridd ond yn welw o gwmpas y geg.

Os byddwch yn meddwl eich bod chi, neu eich plentyn, â'r dwymyn goch:

- Ewch i weld eich Meddyg Teulu neu cysylltwch â Galw Iechyd Cymru cyn gynted ag sydd bosib
- Gofalwch eich bod chi/eich plentyn yn cymryd y cwrs llawn o unrhyw wrthfotigau a ragnodir gan y meddyg.
- Arhoswch gartref, i ffwrdd o feithrinfa, ysgol neu waith am **o leiaf 24 awr ar ôl dechrau ar y driniaeth wrthfotigau**, i osgoi lledaenu'r haint.

Cymhlethdodau

Mae plant sydd wedi cael y **frech ieir** yn ddiweddar yn fwy tebygol o ddatblygu haint mwy difrifol yn ystod achos o'r dwymyn goch ac felly dylai rhieni fod ar eu gwylidwriaeth am symptomau fel twymyn uchel barhaus, llid yr isgroen (cellulitis) ac arthritis (poen a chwydd yn y cymalau). Os byddwch yn bryderus am unrhyw reswm ceisiwch gymorth meddygol ar unwaith.

Os oes gan eich plentyn gyflwr sylfaenol sy'n effeithio ar ei system imiwnedd, dylech gysylltu â'ch Meddyg Teulu neu feddyg ysbyty i drafod a oes angen cymryd unrhyw gamau ychwanegol. Gellir cael gwybodaeth bellach hefyd gan y Tîm Diogelu Iechyd ar 0300 003 0032 yn ystod oriau swyddfa.

Yn gywir,

Dr C. Johnson

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