

## Key messages for parents- Group A Strep

1. Group A strep (GAS) is a common bacteria which causes a range of infections, including scarlet fever. These infections are usually mild. Invasive group A strep (iGAS) is a rare infection when the bacteria gets into parts of the body where it can cause more serious disease, like the lungs or bloodstream.
2. Good hand and respiratory hygiene are important, including:
  - washing hands for 20 seconds with warm water and soap
  - catching coughs and sneezes using tissues – catch it, bin it, kill it
  - keeping away from others when feeling unwell.
3. As a parent, if you feel that your child seems seriously unwell, you should trust your own judgement. Contact NHS 111 or your GP if:
  - your child has a sore throat, fever, chills or muscle aches, but they are getting worse
  - your child stops feeding or is eating less than normal
  - your child has a dry nappy for 12 hours or more or shows other [signs of dehydration](#)
  - your baby is under 3 months and has a temperature of 38°C, or is older than 3 months and has a temperature of 39°C or higher
  - your baby feels hotter than usual when you touch their back or chest, or feels sweaty
  - your child is very tired or irritable.
4. Call 999 or go to A&E if:
  - your child is having difficulty breathing – you may notice grunting noises or their tummy sucking under their ribs
  - there are pauses when your child breathes
  - your child's [skin, tongue or lips are blue](#)
  - your child is floppy and will not wake up or stay awake.

For more information please see:

UKHSA Blog - [Group A Strep - What you need to know](#)