

Medical BULLETIN

SPRING 2023

Welcome to the new SDCC Medical Team!

I am Yolanda, one of the new Medical Leads at South Dartmoor Community College. I have two children - a daughter aged 14 and a son aged 12, so I have plenty of experience with young people. I am looking forward to my new role, as I am passionate about first aid and caring for people.

As a team, we are looking forward to providing quality medical support, care and advice to the students here at the college.



I am Cathy, the other new Medical Lead alongside Yolanda. I have always been passionate about First Aid and Nursing, so am looking forward to caring for and supporting the students here at South Dartmoor Community College.

Please get in touch to let us know of any health concerns or other relevant issues that will help us provide the best possible care for your child whilst they are at college.

Here at South Dartmoor we offer an open-door policy for all health and first aid needs. In order to support us, please help us by ensuring we have up to date medical information for your child including, but not limited to, medications, conditions, allergies and any ongoing health concerns.

What is strep A and what are the symptoms?

Strep A is a common type of bacteria. Most strep A infections are mild and easily treated, but some are more serious. Common symptoms of strep A include:

- flu-like symptoms, such as a high temperature, swollen glands or an aching body
- sore throat (strep throat or tonsillitis)
- a rash that feels rough, like sandpaper (scarlet fever)
- scabs and sores (impetigo)
- pain and swelling (cellulitis)
- severe muscle aches
- nausea and vomiting

Strep A infections are more common in children, but adults can also sometimes get them. Most strep A infections are not serious and can be treated with antibiotics. But in some rare cases, the infection can cause serious problems. This is called invasive group A strep (iGAS).

What to do if your child is unwell

It can be difficult to tell when a child is seriously ill, but the main thing is to trust your instincts. You know better than anyone else what your child is usually like, so you will know when something is seriously wrong. If your child does not seem to be seriously ill, you can usually look after them at home and they should feel better in a few days.

If they are uncomfortable, you can give them children's paracetamol or children's ibuprofen. Check the leaflet to make sure the medicine is suitable for your child, and to see how much to give them.

A pharmacist can give you advice about how to ease your child's symptoms, and whether you need to see a doctor.



From the Medical Team *Yolanda and Catherine*