

**Kawasaki Disease** is the leading cause of acquired heart disease in children in the UK. It's time we changed that....

**...TOGETHER** we will.

To the Headteacher  
December 2018

Dear Headteacher,

### International Kawasaki Disease Awareness Day - 25-26 January 2019

I'm writing to you with an invitation to take part in an international child health awareness day - International Kawasaki Disease Awareness Day. You may not have previously heard of Kawasaki Disease - and we'd like to change that! Societi Foundation is a registered UK children's charity working to raise awareness of the **leading cause of acquired heart disease in children - Kawasaki Disease**.

Kawasaki Disease is predominantly a childhood illness that, if not diagnosed early enough, can cause life-long heart damage. Today Kawasaki Disease is more common than some forms of Meningitis and it's just as serious. Despite this, many doctors and most parents wouldn't know the disease - **we want to change that**. We want every parent, teacher and doctor to know the symptoms, as early diagnosis and treatment can prevent acquired heart disease. 26 January is Kawasaki Disease Awareness Day - a global awareness event where organisations like ours work with partners to raise awareness. In the UK we are asking for help from schools (and businesses too) to help us alert families to Kawasaki Disease, and raise awareness.

**What's involved?** Your Awareness Day could be any day in January or February. This coming year, Awareness Day (26 January) falls on a Saturday, so many schools are using the Friday before or the Friday afterwards for their event. Your event could include pupils being involved in an activity:

- Holding a 'wear red' day (Kawasaki Disease is sometimes called the 'Red Disease') or a non-uniform day
- Walking a 'Fun Mile' - a sponsored walk, perhaps within school grounds, or as part of a PE session
- Holding a heart or red and white themed cake sale
- Running a design competition to create the best information poster for Kawasaki Disease

**What we will provide** - I have enclosed samples of the resources we will provide if you take part. These include posters for school and information leaflets for all your pupils' families. We can post more or you can download any of these from our website [www.societi.org.uk](http://www.societi.org.uk) (see the Kawasaki Disease tab, and the Awareness Day page in that menu). Our main focus is to raise awareness and it is not necessary for your school to fundraise for Societi to participate, though fundraising (£1 donation on the day per pupil for instance) is always welcome. Any funds raised will go directly towards improving awareness of Kawasaki Disease, protecting children's hearts.

Kawasaki Disease is rapidly on the rise in the UK and with no known cause we cannot prevent Kawasaki Disease affecting our children. But with early diagnosis and treatment, we can reduce the currently growing number of children who have lifelong heart damage as a result - with your help. I hope you can help us.

Yours sincerely,



Rachael McCormack  
Founder & Trustee, Societi Foundation

Encs. Societi awareness raising material



Persistent fever



Cracked lips /  
'strawberry' tongue



Rash



Swollen fingers/toes



Bloodshot eyes



Swollen glands

# 26 January is International Kawasaki Disease Awareness Day



**Kawasaki Disease** is the leading cause of acquired heart disease in children in the UK. It's time we changed that...

...Together we will

These are the **symptoms of Kawasaki Disease**. If a child has a **persistent high fever** for 5 days or more, with TWO or more of the symptoms below **THINK Kawasaki Disease**. Kawasaki Disease can be present with some or all of these symptoms.



Persistent fever



Cracked lips/'strawberry' tongue



Rash



Swollen fingers/toes



Bloodshot eyes



Swollen glands

Kawasaki Disease is predominantly a childhood illness though it can affect people of any age. Its cause is unknown.

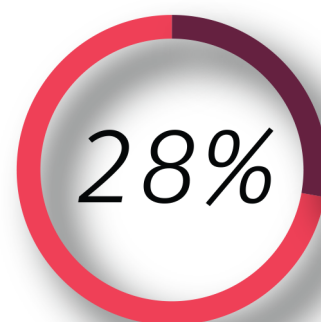
**Kawasaki Disease is the leading cause of acquired heart disease in children.**

Awareness of Kawasaki Disease is currently low and it is often mistaken for other common childhood illnesses, leading to misdiagnosis and delayed treatment. Children who go untreated or who are treated later face higher risks of developing complications including life long heart damage.

**Early diagnosis and treatment are key to better outcomes**

...for our children

## 2016 Outcomes - Where we are today

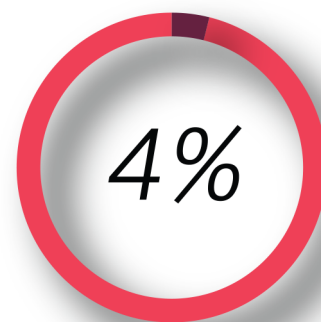


of treated children with heart damage



-day average treatment

## 2020 Outcomes - Where we want to be



(or less) of treated children with heart damage



-day average treatment





Kawasaki Disease is predominantly a childhood illness though it can affect people of any age. Its cause is unknown. **Kawasaki Disease is the leading cause of acquired heart disease in children.** Awareness of Kawasaki Disease is currently low and it is often mistaken for other common childhood illnesses, leading to misdiagnosis and delayed treatment. Children who go untreated or who are treated later face higher risks of developing complications including life long heart damage.

**Early diagnosis and treatment are key to better outcomes**

*...for our children*

**societi**

The UK Foundation for Kawasaki Disease  
www.justgiving.com/societi



societi.org.uk

## Kawasaki Disease? Remember **TEMPERS**

Children with **Kawasaki Disease**  
are characteristically irritable!



**T**emperature –  
**Persistent**  
**high fever**



**E**rythema –  
reddened hands  
and feet with  
swelling



**M**outh –  
dry, sore mouth,  
cracked lips,  
'strawberry tongue'



**P**ace –  
**Treat early** to  
reduce potential  
heart damage



**E**yes –  
bloodshot,  
non-sticky  
conjunctivitis



**R**ash



**S**wollen glands  
in neck, often just  
one side

If a child has a  
**PERSISTENT  
FEVER**  
and two or more  
of these  
symptoms  
**THINK  
KAWASAKI  
DISEASE!**

**5 days of ?  
THINK  
Kawasaki  
Disease**



**Kawasaki Disease**  
is the **#1** cause of  
acquired heart  
disease in children  
in the UK...



*...help us change this.*

### **Kawasaki Disease – who does it affect?**

It is mostly a childhood illness with over 75% of those affected being under 5 years old but it affects older children too.

### **Kawasaki Disease – what's the issue?**

In the UK awareness of Kawasaki Disease is low. **Currently UK diagnosis and treatment times are too slow. 39%** of babies (under one year) treated for Kawasaki Disease develop serious heart problems. **28%** of diagnosed children experience heart complications. Overall, **19%** of children treated develop serious heart damage. For a few children every year Kawasaki Disease is fatal *...help us change this.* We need everyone to know Kawasaki Disease as early diagnosis and treatment can prevent heart damage. (Data from BPSU Study, Kawasaki Disease UK & Ireland 2013-2015)

### **Kawasaki Disease – how common is it?**

Hospital admissions in England for Kawasaki Disease have increased fourfold in the last ten years. It's more common than some types of meningitis. About 1 in 10,000 children are currently diagnosed each year and very poor levels of awareness mean many more children may be affected.

### **Kawasaki Disease – what can I do?**

Know the symptoms and remember, symptoms may not appear all at once. Not all children present with all symptoms so – if a child has a **PERSISTENT FEVER** for **5 DAYS** or more with 2 or more of the symptoms overleaf **THINK Kawasaki Disease** and seek **URGENT medical advice.** **You** could save a child's heart.

### **Kawasaki Disease is serious! Awareness is urgent!**

Today, most people haven't heard of Kawasaki Disease. That's one of the biggest challenges we face. Help us get it known because **Kawasaki Disease is increasingly common in the UK.** Too many children and young people today have lifetime heart damage because of Kawasaki Disease *...help us change this.* For more information visit [societi.org.uk](http://societi.org.uk)



# *societí* Wear Red Day!

## for Kawasaki Disease Awareness

*Kawasaki Disease is the leading cause of acquired heart disease in children in the UK – we want every parent and doctor to be able to recognise the symptoms and help to save tiny hearts*

**26 January** is *International  
Kawasaki Disease Awareness Day*

Write your  
details here



Would **you** know the symptoms?



Persistent fever



Cracked lips/'strawberry' tongue



Rash



Swollen fingers/toes



Bloodshot eyes



Swollen glands

***societí***

*The UK Foundation for Kawasaki Disease*

Societi Foundation is a registered charity in England and Wales (no. 1173755)



[societi.org.uk](http://societi.org.uk)

[www.justgiving.com/societi](http://www.justgiving.com/societi)



# *societì* Fun Mile!

## *for Kawasaki Disease Awareness*

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## **26 January** *is International Kawasaki Disease Awareness Day*

*Write your  
details here*



Would **you** know the symptoms?



*Persistent fever*



*Cracked lips/'strawberry' tongue*



*Rash*



*Swollen fingers/toes*



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*Swollen glands*

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