



**Challenge, Learn, Achieve**

Dear Parents and Carers,

**Chicken Pox**

Please find below information from the NHS Direct website that you may find of some use, and please check your child carefully for any of the symptoms below.

Chickenpox is an acute, infectious disease caused by the varicella-zoster virus and is most commonly seen in children under 10 years old. This virus can also cause shingles (herpes zoster), which tends to be more prevalent in adults. It is not possible to develop shingles from exposure to a person with chickenpox. It is possible however, to develop chickenpox as a result of exposure to a person with shingles. Chickenpox is highly contagious, infecting up to 90% of people who come into contact with the disease. Transmission is through direct person to person contact, airborne droplet infection or through contact with infected articles such as clothing and bedding. The incubation period (time from becoming infected to when symptoms first appear) is from 10 to 21 days. The most infectious period is from 1 to 2 days before the rash appears but infectivity continues until all the lesions have crusted over (commonly about 5 to 6 days after onset of illness).

**Symptoms of Chickenpox**

Chickenpox may initially begin with cold-like symptoms followed by a high temperature and an intensely itchy, vesicular (fluid-filled blister-like) rash. Clusters of vesicular spots appear over 3 to 5 days, mostly over the trunk and more sparsely over the limbs.

The severity of infection varies and it is possible to be infected but show no symptoms.

If you are at all concerned that your child may have contracted this illness, or if you are pregnant or think that you may be pregnant, please see your family doctor as soon as possible.

Yours sincerely,

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