

CHICKENPOX

Chickenpox is a contagious viral disease in which the chief symptom is generalized skin rashes. The incubation period is roughly 2 to 3 weeks. Children who have been vaccinated may still contract the infection but are usually only mildly affected.

If a child is infected, about 24 to 36 hours before the first series of eruptions he/she may develop a headache and a low fever. Spots will appear as red bumps containing drops of clear fluid, usually on the face and trunk of the body. The liquid eventually breaks out, forms a crust and the eruptions continue in a cycle for 3 or 4 days. Soothing lotions may be applied to relieve itching and fingernails should be cut short to prevent scratching.

Children who have chickenpox should not attend school or social gatherings until the rashes have crusted over for a day or two to prevent the spread of infection. Once one gets chickenpox, one is usually protected against the disease for life. It is important to know that anyone pregnant who has never had chickenpox before should stay away from chickenpox patients.

Should your child show any symptoms of chickenpox, please consult your doctor to have it confirmed. Should your doctor confirm that your child has chickenpox, please follow the guidelines from your doctor regarding when to send your child back to school. If your child has a confirmed case of chickenpox, please inform the school as soon as possible.