

Advice to parents and guardians

Chickenpox



Freshfield Nursery School
42 Mauldeth Road
Heaton Mersey
Stockport
SK4 3NB

Dear Parent or Guardian,

There have been a number of cases of **Chickenpox** within the **nursery** and your child may have been exposed.

What is Chickenpox?

Chickenpox is a mild and common childhood illness that most children catch at some point. It causes a skin rash of red, itchy spots that turn into fluid-filled blisters. These spots then crust over to form scabs, which eventually drop off.

Is it dangerous?

For most children, chickenpox is a mild illness that gets better on its own. However, in rare occasions some children can become more seriously ill with chickenpox and may need to see a doctor. Contact your GP straight away if your child develops any abnormal symptoms, such as: if the blisters on their skin become infected or if your child has a pain in their chest or has difficulty breathing. **Pregnant women, newborn babies and people with a weakened immune system who are exposed to Chickenpox should seek medical advice.**

How is it spread?

You can catch chickenpox by being in the same room as someone with it. It's also spread by touching things that have fluid from the blisters on them. You can spread chickenpox to other people from 2 days before your spots appear until they have all formed scabs – usually 5 days after your spots appeared.

Is there any treatment?

There is no specific treatment for chickenpox, but there are pharmacy remedies that can alleviate symptoms. Other general advice is to:

- ✓ drink plenty of fluid (try ice lollies if your child is not drinking) to avoid dehydration
- ✓ take paracetamol to help with pain and discomfort
- ✓ cut your child's fingernails and put socks on their hands at night to stop them scratching
- ✓ use cooling creams or gels from a pharmacy
- ✓ speak to a pharmacist about using antihistamine medicine to help itching
- ✓ bathe in cool water and pat the skin dry (do not rub)
- ✓ dress in loose clothes

What is the incubation period (period before infection develops)?

Chickenpox is infectious from 1 to 2 days before the rash starts, until all the blisters have crusted over (usually 5 to 6 days after the start of the rash).

How long should children stay away from school?

Until 5 days after the appearance of the rash and all blisters have crusted over. Or when the child feels well enough to go back to school, which may be longer.

Can you catch it more than once?

No. But people who have had chickenpox may develop Shingles later in life.

Thank you for giving this your attention. You can find further information on Chickenpox from either from your GP or NHS <https://www.nhs.uk/conditions/chickenpox/>

For further information scan the QR code below on your mobile phone.



Regards

Freshfield Nursery School