

## Chicken Pox

**Description:** Chickenpox is a highly contagious virus that causes an itchy spotty rash and is a mild common illness that mostly affects children.



**Symptoms** – may show before the rash appears.

- Feeling tired and unwell
- High temperature (fever) 38C or over
- Feeling Sick & headaches
- Aching and painful muscles

**The Rash** – the rash develops in three main stages.



The rash starts as small raised red spots appearing on the face or trunk before spreading to other body parts.



Very itchy fluid filled blisters will develop on top of the spots.



Over the next few days, the blisters will turn cloudy and begin to dry out and scab over. New spots may appear after the rash begins so there may be a mixture of spots, blisters and scabs at the same time.

## How is it spread?

- The infection is spread from the fluid found in the Chickenpox blisters and the droplet in the coughs and sneezes of someone with the infection
- Coughs and sneezes from an infection person
- Contaminated surfaces
- Touching the chickenpox blisters or rash
- Face to face contact with an infected person.

## **How long is it infectious?**

People with Chickenpox are infectious from 1-2 days before the rash appears and until all the blisters have dried and crusted over.

## **How long should my child stay home from school?**

Your child should stay away from school as soon as the symptoms show and until all the blisters have developed and all have dried and scabbed over. This usually 5-6 days after the rash appears. Spots may develop but you will not be contagious if the spots remain dry and scabby.