

WE HAVE A CASE OF CHICKEN POX AT CIS

Chicken pox is a common illness among kids, particularly for children under age 12.

CONTAGIOUSNESS

Chicken pox is a very contagious children's infectious disease, and it is caused by a virus.

The disease is airborne and passed on through the fluid from the blisters.

Chicken pox is contagious from about 2 days before the rash appears and lasts until all the blisters are crusted over.

Incubation time is 2 – 3 weeks.

SYMPTOMS

Some children have a fever, abdominal pain, sore throat, headache, or a vague sick feeling a day or two before the rash appears.

Chicken pox causes a red, itchy rash on the skin that usually appears first on the abdomen or back and face, and then spreads to almost everywhere else on the body, including the scalp, mouth, nose, ears, and genitals.

The rash begins as multiple small, red bumps that look like pimples or insect bites. They develop into thin-walled blisters filled with clear fluid which become cloudy. The blister wall breaks, leaving open sores, which finally crust over to become dry, brown scabs.

Typically, chicken pox is a mild illness, but it can affect some infants more severely.

DEALING WITH THE DISCOMFORT OF CHICKEN POX

Over-the-counter medication for itching can be bought at the pharmacy.

PREVENTION

To prevent infection in the itchy rash, it's important that the child has clean hands, short fingernails and clean cloth which are regularly changed.

A child with chickenpox should be kept out of school until all blisters have dried, usually about one week.

If anyone is in the early stages of a pregnancy (!) please consult your doctor for advice.

If you have any concerns or questions please contact the School Health Nurse.