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THE JUNIOR DEPARTMENT
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Dear Parents/Carers

Chickenpox

Please be aware that there are now several cases of Chickenpox in school.

What is the incubation period?

The incubation period of chickenpox is between 13 and 17 days after contact with the infected person. The following groups of people should seek advice from their GP if they are exposed to chickenpox and do not remember if they have been previously infected with the virus:

- Pregnant women
- Babies whose mothers developed chickenpox in the first 28 days of their life
- People who are immunosuppressed (e.g. people having large doses of oral steroids; Or receiving chemotherapy for cancer / leukaemia / HIV related illness)

Although chickenpox is a mild disease in normal healthy children, it can be serious in children whose immune systems are impaired in any way such as children on treatment for leukaemia or children who have had a transplant. Many of these children may be immune to chickenpox or may have had the vaccine and so are protected, but it is important to let their parents know if there is a case of chickenpox in school as they can then take action, if necessary (this would usually mean an injection of protective antibody from the doctor).

How can I stop chickenpox spreading to others?

- By keeping your child at home until **5 days** after the first appearance of the rash
- It is important that children / adults remain at home until you're no longer infectious, which is until the last [blister](#) has burst and crusted over. This usually happens **5 or 6 days** after the rash begins.
- By avoiding contact with people who have not had chickenpox previously and those who are immunosuppressed
- Encouraging person to cough into a tissue which is then thrown away
- Following good basic hygiene measures including hand washing and not sharing towels.

Yours sincerely

A handwritten signature in blue ink, appearing to read 'NJ Heath'.

NJ Heath
Headteacher