

CHICKENPOX (VARICELLA)

Chickenpox (also known as varicella) is an acute viral illness. It is a common childhood infection that may be prevented by vaccination. It is highly contagious, but rarely serious for most children.

CAUSE: *Varicella zoster virus*, a member of the herpes virus family.

SYMPTOMS: Mild fever and generalized skin rash that begins on the chest, back, underarms, neck, and face. It starts out as red bumps. Within several hours, the bumps turn into small blisters, and then scabs after a few days. The sores commonly occur in batches with different stages (bumps, blisters, and sores) present at the same time.

Chickenpox can be severe in newborns and those with weakened immune systems. Most people have had chickenpox by the time they are adults. However, when it does occur in adults, it may be more severe.

SPREAD: From person-to-person by direct contact with (touching) the blister fluid or secretions from the nose or mouth of a person with chickenpox. Occasionally, when a person with chickenpox coughs or sneezes tiny droplets with chickenpox virus into the air and another person breathes them in (airborne spread).

INCUBATION: It takes from 10 to 21 days, usually 14 to 16 days, after being exposed until symptoms develop.

CONTAGIOUS PERIOD: From 1 to 2 days before the rash begins until blisters have become scabs (generally within 5 days after the appearance of the first blisters in an otherwise healthy child).

EXCLUSION: Until all the blisters have dried into scabs and no new blisters or sores have started within the last 24 hours; usually by day 6 after the rash began.

Chicken pox is still a common disease. It takes 10-14 days after receiving vaccine to develop immunity, vaccine failure occasionally occurs, and the incubation period is 10-21 days. Therefore, exclude children who:

- Appear to have chickenpox regardless of whether or not they have received varicella vaccine, or develop blisters within 10-21 days after vaccination.
- Exposed children without symptoms do not need to stay home unless chickenpox develops.

DIAGNOSIS: Based on typical symptoms and the characteristic rash.

TREATMENT: Call your healthcare provider.

DO NOT GIVE ASPIRIN or OTHER SALICYLATE CONTAINING MEDICATIONS TO ANY CHILD OR ADOLESCENT UNDER 18 YEARS OF AGE.

There is risk of developing Reye syndrome (a serious condition which can cause death) when children or adolescents take aspirin for viral illnesses such as chickenpox or influenza

PREVENTION /CONTROL:

1. Chickenpox vaccine is recommended for the following:

- All children younger than age 13 years (one dose at 12-15 months and a second dose at age 4-6 years);
- Everyone age 13 years and older who has never had chickenpox (two doses, given 4-6 week apart);

Anyone missing a dose at the recommended times should get the shot at their next visit to their doctor or clinic. The Centers for Disease Control and Prevention (CDC), the American Academy of Pediatrics (AAP), and the American Academy of Family Physicians (AAFP) have all recommended that children receive this vaccine.

2. If you think that your child has chickenpox, call your healthcare provider. **Please do not go to the healthcare provider's office without calling first. They will want to keep your child separate from others to prevent further spread.**
3. Wash hands thoroughly with soap and warm running water after contact with secretions from the nose or mouth or blister fluid. **Thorough hand washing is the best way to prevent the spread of infectious diseases.**
4. Susceptible persons (have not had chicken pox or varicella vaccine in the past) and who have been exposed to someone with chickenpox should call their healthcare provider immediately. Getting varicella vaccine within 3 days, and possibly up to 5 days, of exposure may prevent disease in these people.
5. When a pregnant woman or a person with a weak immune system who has not had chickenpox is exposed, they should contact a healthcare provider immediately for possible treatment.

Please do not hesitate to call the Health Office @ 231-4488 ext.3911 if you require further assistance.

Yours in health,

AAS Medical Staff