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23/01/23

### **CHICKENPOX**

Dear Parent / Guardian,

We currently have a number of Chickenpox cases within our Foundation Stage & KS1. We wish to make you aware of the current guidance regarding Chickenpox along with the signs and symptoms of what to look out for.

#### **Chickenpox**

Chickenpox is common and mostly affects children, but you can get it at any age. It usually gets better by itself after 1 to 2 weeks without needing to see a GP. Other symptoms include a high temperature, aches and pains, generally feeling unwell and loss of appetite.

The main symptom of chickenpox is an itchy, spotty rash anywhere on the body. Small spots begin to appear anywhere on the body, including inside the mouth and around the genitals, which can be painful.

#### **If you think you, or your child, have chickenpox:**

- Speak to a pharmacist about using antihistamine medicine to help itching
- Contact a GP if you're not sure it's chickenpox or you're concerned about your child
- Stay at home, away from nursery, school or work until all the spots have formed a scab. This is usually 5 days after the spots appeared.

If you are concerned for any reason please seek medical assistance immediately.

If your child has an underlying condition which affects their immune system, you should contact your GP or hospital doctor to discuss whether any additional measures are needed.

You can find more information in the guidance on Chickenpox: symptoms, diagnosis and treatment, and further advice on:

<https://www.nhs.uk/conditions/chickenpox/>

Yours sincerely,

Mr S P Bate  
(Headteacher)



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