CHICKEN POX FACT SHEET

Springtime is that time of the year to be alert for the signs and symptoms of Chicken Pox. We have cases that have been reported, and therefore I would like to share some information with you.

Chicken Pox is a highly contagious disease that seems to appear in the winter and spring months. It is caused by a virus.

Things To Watch For Include:

1) A slight fever,

2) Decreased activity level of the child.

3) Nausea,

4) A headache,

5) The rash that identifies chicken pox first tends to appear on the face or behind the ears and/or the chest and back. It then progresses to the arms and legs and may be present on the mucous membranes of the mouth, genitalia, anus and eyelids:" This rash may continue to multiply for 3-4 days. At first, each new spot resembles an insect bite, but within hours develops a small clear blister in the center.- Most blisters break releasing a clear fluid and-are replaced-by a scab. Children may complain of itching. Scratching- -of the rash may lead to infection and scarring.

Things To Do If You Suspect Your Child May Have Chicken Pox:

1) Call your doctor for instructions. Many times physicians order medications (by mouth and /or locally) to control the itching and decrease the discomfort.

2) By keeping cotton gloves on your child's hands at night, you can prevent the intense scratching that leads to scars.

3) Never give aspirin to children with a virus because of Reye 's syndrome.

9) Good Hand washing Technique is essential for all family members during this condition and always.

5) Tepid water with cornstarch baths may aid in comfort. Children are considered to be contagious from 1 day prior to the rash appearing to 4 days following the start of the rash.

Please notify your physician and the school if your child contracts the disease. Children may return to school (only if all blisters have crusted) in 5 - 7 days after the rash started.

If I may be of any assistance please feel free try cell my office at any time.

Sincerely,

Elizabeth Hoyt L.N.