

Chickenpox Notification

On _____ a child from this childcare center was diagnosed with **chickenpox**.

What is it? Chickenpox is a very contagious childhood illness spread through saliva droplets. Symptoms begin to appear 11-20 days after exposure to the virus. The contagious period begins one to two days before the rash appears, and lasts until all the blisters are crusted over

What to watch for?

- It begins with cold-like symptoms: cough, fever, and abdominal pain
- Then a rash of red, pimple-like spots will appear. The spots turn into clear blisters that become cloudy, break open, and crust over.
- The rash itches a lot and will appear for 1 to 5 days and subside over 1 to 2 weeks.

How to prevent it?

- A chickenpox vaccine is available for children age 12 months and older.
- Pregnant women **must avoid any exposure** to the illness.

What can we do at home?

- Use Tylenol to reduce the fever.
- Control itching with oatmeal based lotions and baths.
- Cut your children's fingernails to prevent scratching. The sores can become infected.

When do we call a doctor?

- Fever greater than 103 degrees for 24 hours.
- Sever itching not controlled by lotions and warm baths.
- Sores in a child's eyes.
- If the child is at risk for complications from chickenpox due to other medications and treatments.