



Thursday 6th February 2025

Dear Parents/Carers,

Illness



Please see below information regarding Chicken Pox. **We currently have some children who have been diagnosed with Chicken Pox. We are keen to make you aware of the symptoms so that you do not send your child into school if they have the symptoms to help prevent the spread of the infection.**

Chicken Pox

Just a reminder regarding Chicken Pox and what you should do if you suspect your child/children may have it:

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.

Check if its Chicken Pox - An itchy, spotty rash is the main symptom of chickenpox. It can be anywhere on the body. Chickenpox happens in 3 stages. But new spots can appear while others are becoming blisters or forming a scab. Stage 1: small spots appear

The spots can:

be anywhere on the body, including inside the mouth and around the genitals, which can be painful spread or stay in a small area

be red, pink, darker or the same colour as surrounding skin, depending on your skin tone

be harder to see on brown and black skin

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Stage 1: small spots appear

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Long description: image 1

This school is committed to safeguarding and promoting the welfare of children and young people/vulnerable adults and expects all staff and volunteers to share this commitment.



Stage 2: the spots become blisters

The spots fill with fluid and become blisters. The blisters are very itchy and may burst.



Stage 3: the blisters become scabs

The spots form a scab. Some scabs are flaky while others leak fluid.



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Other symptoms

Before or after the rash appears, you might also get:

- a high temperature
- aches and pains, and generally feeling unwell
- loss of appetite

Chickenpox is very itchy and can make children feel miserable, even if they do not have many spots.

The chickenpox spots look the same on children and adults. But adults usually have a high temperature for longer and more spots than children.

It's possible to get chickenpox more than once, but it's unusual.

If you're not sure it's chickenpox

[Check other rashes in children](#)

How to treat chickenpox at home

Important: Stay off school or work

You'll need to stay away from school, nursery or work until all the spots have formed a scab. This is usually 5 days after the spots appeared.

Do

drink plenty of fluid (try ice lollies if your child is not drinking) to avoid dehydration

take [paracetamol](#) to help with pain and discomfort

cut your child's fingernails and put socks on their hands at night to stop them scratching

use cooling creams or gels from a pharmacy

speak to a pharmacist about using [antihistamine medicine](#) to help itching

bathe in cool water and pat the skin dry (do not rub)

dress in loose clothes

Don't

do not use [ibuprofen](#) unless advised to do so by a doctor, as it may cause serious skin infections

do not give aspirin to children under 16

do not go near newborn babies, or anyone who is pregnant or has a weakened immune system, as chickenpox can be dangerous for them

do not scratch the spots, as scratching can cause scarring

Non-urgent advice: Speak to a GP if:

you're not sure it's chickenpox

you're concerned about your child

Tell the receptionist you think it might be chickenpox before going in to a GP surgery.

Yours sincerely,

Mrs E. J. Pickford (Headteacher) & Team

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