



17 August 2020

Tena koutou katoa,

We are writing to inform you that there has been a confirmed case of chicken pox at Sonrise; therefore, we would like to take this opportunity to remind you of the procedure for when to keep your child at home and when it is appropriate to send them back to school, should your child develop the symptoms of chicken pox.

### Description

Chickenpox is a common childhood illness caused by a virus. The Chickenpox virus is also known as Varicella Zoster virus and it is the same virus that can cause Shingles which usually occurs later in life. Chickenpox is highly contagious.

### Who is at risk of getting Chickenpox?

You are at risk of getting Chickenpox if you have never had chickenpox before and have not had the chickenpox vaccine. Chickenpox is most common in children between the ages of 2 and 10 years. If one child in the household gets Chickenpox, it is almost certain that any others in the household (that have not had it before) will get it next. Most cases of Chickenpox are mild and children get better completely. However, Chickenpox can sometimes cause serious complications.

Chickenpox can often start with the following

- A fever
- A headache
- A runny nose
- A cough
- Loss of appetite
- Feeling Tired

### What are the symptoms?

A red rash follows 1-2 days later. It usually starts on the face and scalp, spreads to the chest, back and tummy and then to the arms and legs. It may also appear inside the ears, on the eyelids, inside the nose and mouth and even around the genital area. The rash continues to spread for three to four days; it will usually be very itchy.

Within a few hours after each spot appears a blister will form. It may appear full of yellow fluid. After a day or so the fluid turns cloudy. The blisters release liquid containing the virus, then form crusts or scabs that fall off after 1-2 weeks. The spots will heal at different stages, some faster than others, so your child may have the rash in several different stages at once.

### How is Chickenpox spread?

- Coughing and sneezing
- Direct contact with mucus/saliva from the infected person
- Touching clothing, an object that have the blister liquid on them
- Direct contact with weeping blisters.

### **Should a child with Chickenpox stay home?**

Children should stay away from day care or school and public places, while they are infectious. They may return when the spots have all scabbed over and are dry. This can take 5-7 days from when the spot first appears.

Nga momo atawhai (Kind regards),

*Wendy Gabriel*

**TUMUAKI**