

Chickenpox



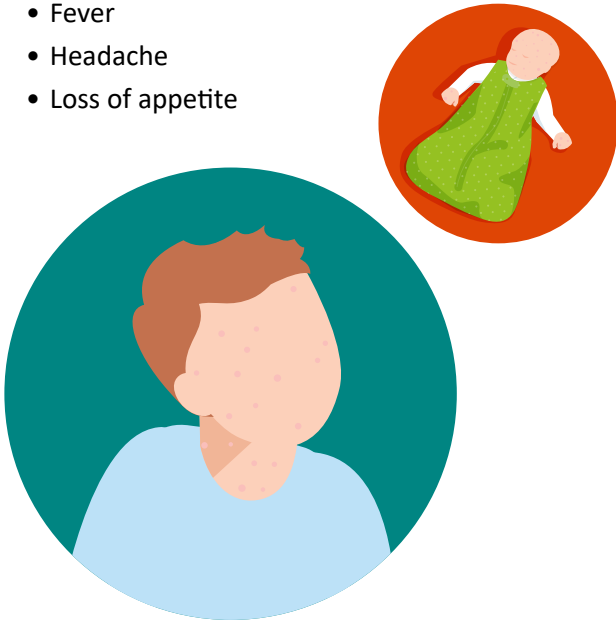
What is it?

Chickenpox (varicella) is a very contagious disease caused by the varicella-zoster virus, which results in a blister-like rash, itching, tiredness, and fever.

Symptoms

It can take 10- 21 days for symptoms to appear.

- A rash usually appears on the trunk and face and then spreads to the rest of the body and starts as small, itchy, red bumps which turn into fluid-filled blisters
- Fever
- Headache
- Loss of appetite



How does chickenpox spread?

- Through contact with chickenpox or shingles blisters or through the air by coughing or sneezing
- A person can spread it for 1-2 days before and up to 7 days after the rash appears

Who is at risk for severe illness?

Some people are more at risk of developing severe illness than others, including:

- Infants
- People who are pregnant
- People who have compromised immune systems

There is a vaccine available for those who cannot be vaccinated with the traditional vaccine.

Ways to prevent chickenpox

Get vaccinated.

- Vaccination within 3-5 days of exposure can reduce the risk of developing symptoms
- If symptoms develop, they may be milder with fewer blisters and fever is less likely

When sick

- Stay home until all blisters are dried and crusted over
- Vaccinated children with a non-blistering rash can return to school or childcare if no new lesions appear within 24 hours
- Rest
- Drink fluids
- Manage fever
- Do not give aspirin to children and teens



Communicable Disease Investigation & Prevention
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