



The Federation of Gedney Hill CoE and Shepeau Stow Primary Schools

Our Vision is to ignite imagination and curiosity which builds an enduring passion for life-long learning

4th May 2022

Dear Parents

There are cases of chicken pox in school.

Check if it's chickenpox

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

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.

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.

How to treat chickenpox at home

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

DO NOT

- 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, people who are pregnant and people with a weakened immune system, as chickenpox can be dangerous for them**
- do not scratch the spots, as scratching can cause scarring

<https://www.nhs.uk/conditions/chickenpox/>