



# ST ALOYSIUS

## CATHOLIC COLLEGE

12<sup>th</sup> March 2020

Dear Parents/Guardians,

### **Chicken Pox (Varicella)**

The College has been advised of a recent case of Chicken Pox (Varicella) within our College.

#### **Description**

Chicken Pox is a very contagious viral infection which most people contract by the age of ten. The infection starts with a cold, headache and temperature. It is spread by coughing and sneezing or by direct contact with the chicken pox rash.

#### **Symptoms**

Early signs include a runny nose, mild fever and cough. The spots appear and start as itchy red lumps. The spots may vary in number and are intensively itchy and appear on the trunk, head and neck, they are less common on the arms and legs. Round fluid blisters form, the tops come off the blisters and watery fluid escapes. Scabs then form and heal.

#### **Incubation and Infectious period**

The incubation period is from 11 – 20 days. The illness lasts between 7 and 10 days.

The child will need to be home until at least 5 days after the last spot appears or until well. Some scabs may still be present when the child returns to school.

The College needs to be notified that the child has Chicken Pox and will be absent from school.

#### **Treatment**

Symptoms may be relieved with plenty of clear fluids and soothing mouthwashes. Skin lotions and bath oils can be used to reduce itch. Use medications to help with the fever.

Any children with an immune deficiency e.g. leukaemia or receiving chemotherapy should be excluded from school for their own protection.

Yours sincerely,

Joseph Sandric  
Acting Principal