

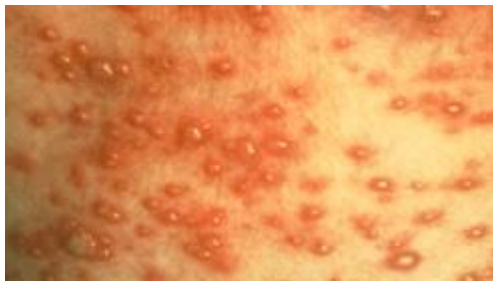
Dear Parent/Carer,

There have been several confirmed cases of chicken pox reported in school. Chickenpox is a mild and common childhood illness that most children catch at some point. To help identify if your child may have contracted the virus, we have provided you with some symptoms to be aware of.

Before the rash appears, you or your child may have some mild flu- like symptoms, including:

- feeling sick
- a high temperature (fever) of 38C (100.4F) or over
- aching, painful muscles
- headache
- generally feeling unwell and loss of appetite

Chickenpox causes a rash red, itchy spots that turn into fluid – filled blisters. They then crust over to form scabs, which eventually drop off. The picture below will give you an idea of the appearance of spots.



Chickenpox spots

The spots normally appear in clusters and tend to be:

- behind the ears
- on the face
- over the scalp
- on the chest and belly
- on the arms and legs

If your child has Chickenpox and to prevent the spread of the virus, keep children off school until all their spots have crusted over. Chickenpox is infectious from one to two days before the rash starts, until all the blisters have crusted over (usually five to six days after the start of the rash).

If your child has chickenpox, try to keep them away from public areas to avoid contact with people who may not have had it, especially people who are at risk of serious problems, such as new born babies, pregnant women and anyone with a weakened immune system (for example, people having cancer treatment or taking steroid tablets).

For further information about the virus, please visit the link NHS link below

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

Yours Sincerely

Serin D'Ogullari
Lead Medical Officer