



Monday 9th February 2026

Chickenpox

Dear Parent /Carers,

We are writing to inform you that a number of children attending Enfield Heights Academy have had chickenpox recently. Chickenpox is a normal childhood illness and most people born in the UK acquire the infection in childhood.

Chickenpox is spread very easily. Having a conversation with someone with chickenpox or being in the same room as them for 15 minutes or more is long enough to catch the infection.

Chickenpox can lead to complications for pregnant women and newborn babies (neonates, under 1 month old) who have never had the infection before. Also people who are on immunosuppressive treatment for cancer, following an organ transplant, or as a result of another condition might be at risk of infection with complications.

If your child has not already had chickenpox, please look carefully for signs and symptoms. If your child develops a rash or any spots please keep your child at home from school and away from pregnant and vulnerable contacts until the spots have crusted over (usually a minimum of 5 days).

If your child develops chickenpox and you or someone else in the household is pregnant (and not immune), or has a suppressed immune system please contact your GP/midwife for advice as soon as possible.

If you are a member of staff who is pregnant and not immune (never had chicken pox), or have a condition or are on treatment which suppresses immunity to infection and you have been in contact with someone with chickenpox please contact your GP/midwife for advice as soon as possible.

For parents who feel they would like more information on chickenpox, information can also be sourced from NHS 111 or NHS Choices via the internet at
<https://www.nhs.uk/conditions/chickenpox/>

Yours sincerely
North London Health Protection Team