

Queensbury School

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11th March 2020

Dear Parent/Carer

We have a case of Chickenpox at School and would like you to be aware of the following information.

Chickenpox and Shingles

Chickenpox and Shingles are caused by the same virus which causes an itchy rash starting with flat, red spots which become raised and filled with fluid. Chickenpox is usually a mild childhood illness. Shingles may follow Chickenpox years later and is caused by a reactivation of the virus.

Chickenpox usually begins with a fever, feeling generally unwell and glassy fluid filled spots spreading all over the body. Shingles is characterised by pain and spots on part of one side of the face or body only. Shingles is not infectious unless you touch the spots; fluid from the spots, and crusts from the spots, are infectious.

Chickenpox is spread from person to person by virus shed from the nose or throat as droplets or by direct contact. The fluid inside the spot is infectious. **Chickenpox is infectious during its early stages from 1 – 2 days before until 5 days after spots first appear.**

The incubation period of Chickenpox is between 13 and 17 days after contact with the infected person. If a pregnant woman who thinks she has not had Chickenpox before has contact with a case she should take medical advice as soon as possible.

Please note the minimum exclusion period is 5 days from the onset of rash. Although Chickenpox is a mild disease, should your child feel poorly or feverish or if your child becomes unwell, please do consult your GP as soon as possible.

Yours sincerely

Mr Chris Wilson

Interim Head Teacher



Interim Head Teacher: Mr Chris Wilson BSc/MA

