
Chicken Pox

What is chickenpox?

- chickenpox is caused by a virus
- it may develop 2 – 3 weeks after contact with the virus
- a child with chickenpox may have a fever, tiredness and irritability for about 1 – 2 days before the spots appear
- the spots are raised blister-like sores that turn into crusting scabs

How do you get chickenpox?

- by the cough or sneeze of a person with chickenpox
- by touching the discharge from the sores
- chickenpox is most infectious 1-2 days before the rash appears

What can you do if your child has or has been exposed to chickenpox?

- use acetaminophen (e.g. Panadol, Tylenol, Tempra) to treat a fever
- **Do not use A.S.A.** (There may be a link between chickenpox, A.S.A. and the development of Reye's Syndrome, a very serious neurological disease.)
- drink plenty of fluids
- keep nails short and clean and encourage your child to not scratch the sores
- bath in warm (not hot) water with baking soda
- check with your pharmacist about a safe medication to treat itching
- parents of immunosuppressed children should **immediately** contact their child's doctor if the child has been exposed to chickenpox

Children can return to school when they are feeling well enough to participate normally in all activities.

Chickenpox immunization is available for children 12 months of age and for those in grade six.

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