



FACT SHEET: Chicken Pox

Chicken pox is highly contagious for close contacts who have not been vaccinated or had the disease. Most students and younger staff have been vaccinated, and some have had the disease. In rare cases vaccinated people may become infected after an exposure, however, it generally causes a milder illness. The Westchester County Department of Health will be contacted immediately for guidance regarding follow up for contacts.

Chicken Pox virus is spread by:

- Droplets- a person coughs or sneezes
- Direct contact with the rash

Please monitor your child for the following symptoms for the next 10-21 days:

Fever	Fatigue
Loss of appetite	Headache
Rash- itchy, red at first, progressing to fluid-filled blisters that eventually scab. Usually starts on the chest, back, and face and can spread through the entire body	

If your child develops any symptoms please keep them home and call your healthcare provider.

Prevention:

- Vaccination is the best way to prevent infection
- Avoid people that are infected
- Post-exposure treatment may be available, consult with your doctor right away

Individuals at High Risk:

Always consult with your healthcare provider with any questions or concerns. Although complications are generally rare some factors increase someone's risk. Anyone with underlying conditions, compromised immune system, pregnancy, elderly, newborns <1 year of age, should contact their healthcare provider immediately if exposed. Anyone who has not had chicken pox, or has not been vaccinated, should also consult with their doctor.

Letter of Clearance: People are no longer contagious when the blisters have scabbed and are healing and no new lesions have developed for over 24 hours. A clearance letter will be needed to return to school and resume activities.

Any questions please email/call your school nurse, (found on your home school website).

For more information: [Chickenpox \(Varicella\) | CDC](#)