

CHICKEN POX

Chickenpox (varicella) is a viral, very contagious disease that causes an itchy rash of fluid filled blisters and a fever. Chickenpox may cause a person to have blisters all over their body – even inside the mouth, ears and eyelids. Chickenpox is spread through the air when an ill person coughs or sneezes, and through contact with fluid from chickenpox blisters. This disease can be serious and even life threatening in babies, adults and people with a weakened immune system.

SYMPTOMS:

- Itchy rash with blisters
- Fever
- Headache
- Fatigue

Symptoms occur 10-21 days after being exposed to the virus.

Chickenpox can be mild for some children and severe for others. The itching can be very uncomfortable.

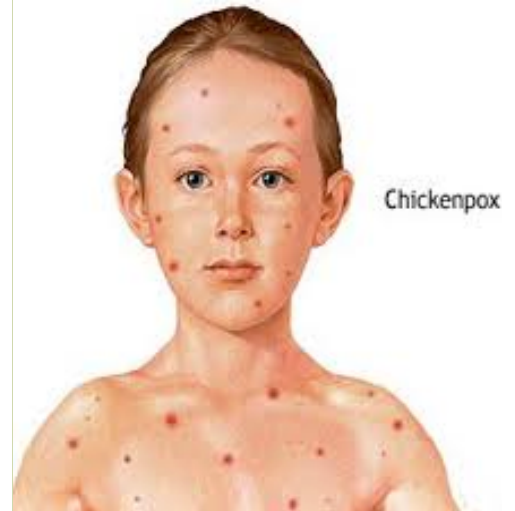
Serious complications from Chickenpox include dehydration, pneumonia, bacterial skin infections and infection / inflammation of the brain.

See your health care provider for symptoms that are severe or do not get better.

HOW TO PREVENT

GETTING AND SPREADING CHICKENPOX:

- **Get yourself and your child(ren) vaccinated.**
- Infected persons should cover their mouth and nose with a tissue when coughing or sneezing. If they don't have a tissue, use a sleeve.
- Do not touch an infected person's blisters.
- **If your child has Chickenpox, s/he must stay home from school until no longer contagious.** Chickenpox can be spread 1-2 days before the infected person gets a rash and until all blisters have scabs. (Usually about 5 days.)



If you would like to learn more about this, and other communicable diseases, go to <http://www.cdc.gov>.

This fact sheet was created by the Health Services Department of Beaverton School District and has been approved by the Washington County Health Department, Disease Control and Prevention Program.