



**“Shine For God”**

23.10.2019

Dear Parents

This is to advise that a student in St Joachim class is currently off school with Chicken Pox (varicella), as it is a very contagious disease, this is to pass on information around Chickenpox . Exposure to the disease can be 14 to 16 days before spots appear, this can be accompanied with a fever. Once spots appear students are infectious for 5 days followed by another 5 days until after the spots / rash have covered over. They are to be excluded from school or other community groups for a full week from the date of the rash appearing.

People with chickenpox have small blisters (like a rash) on their skin. These can be very itchy.

Other symptoms of chickenpox are:

- tiredness
- fever
- general aches and pains.

### **How long chickenpox lasts**

If there are no complications:

- adults generally have the chickenpox infection for 3–7 days
- children are usually ill for about 5–10 days.

Teenagers and adults are more likely to have complications or feel sicker from chickenpox than children.

If you have any concerns visit the Ministry of Health Website.

Kind Regards

Monica Manning

Class Teacher