Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

To: Parents at School

From:

Re: Notification about Chickenpox

This is to inform you that your child may have been exposed to chickenpox at (name of school) in the (classroom/grade). Please check your child’s immunization record to make sure s/he is protected against chickenpox. Your child is protected if s/he has had the chickenpox illness or if s/he has received two vaccinations. Some people who have been vaccinated against chickenpox can still get the disease. However, the symptoms are usually milder with fewer red spots or blisters and mild or no fever.

The classic symptom of chickenpox is a rash that turns into itchy, fluid-filled blisters that eventually turn into scabs. The rash may first show up on the face, chest, and back and then spread to the rest of the body, including inside the mouth, eyelids, or genital area. It usually takes about one week for all the blisters to become scabs. Other typical symptoms that may begin to appear 1 to 2 days before the rash include fever, tiredness, loss of appetite, and headache.

Chickenpox spreads easily, mainly when a person touches or breathes in the virus particles that come from chickenpox blisters. It can also spread through tiny droplets that get into the air when someone who has chickenpox breathes or talks, for example. Chickenpox can spread 1 to 2 days before the infected person gets a rash until all the blisters have formed scabs. See the [Chickenpox Fact Sheet](https://www.dhs.wisconsin.gov/publications/p4/p42035.pdf) for additional information about the disease.

The chickenpox vaccine is safe and effective and protects your child from this potentially serious and even deadly disease. The Centers for Disease Control and Prevention (CDC) recommends two shots for all children who have not had chickenpox. The first shot should be given at 12-15 months of age followed by the second shot at 4-6 years of age. If your child has had only one shot, it is recommended that s/he get the second shot as soon as possible.

If your child becomes ill with chickenpox, s/he will need to stay home until the blisters dry and form a scab.

If you would like to talk with a nurse to learn more about chickenpox disease or the chickenpox vaccine, please call Waukesha County Public Health Division at (262) 896-8430.