



2 February 2015

RE: NOTIFICATION OF AN OUTBREAK OF CHICKENPOX

Dear Parents/Guardians,

Unfortunately a student in Year 8 has contracted Chickenpox. The information below gives details on Chickenpox and this can also be found on our website along with details of other childhood rashes. <http://www.nordangliaeducation.com/our-schools/shanghai/puxi/our-students/wellbeing/medical-care>

CHICKENPOX

What is it?

- It is an infectious disease caused by the varicella-zoster virus.
- This virus can also cause shingles (herpes zoster).

How contagious is it?

- It is highly contagious and will infect up to 90% of children who come into contact with the disease.
- The child is infectious as early as 1-4 days before the symptoms appear and up to 4 days after.
- It is transmitted by direct contact, airborne droplet infection, or by contact with infected articles such as clothing and bedding.
- It takes 10-21 days from being infected to showing symptoms.
- People with shingles are contagious to people who have not had chickenpox.
- However, it is not possible to catch shingles from a person with chickenpox.

How serious is it?

- It is usually a mild illness that most healthy children fully recover from.
- Usually begins with cold-like symptoms followed by a high temperature and an intensely itchy, vesicular (fluid-filled blister type) rash.
- Crops of spots appear mostly over the face, scalp, trunk (body) and extremities.
- It is a viral infection and therefore does not respond to antibiotics.
- Calamine lotion (炉甘石洗剂) may ease the itching
- It is a serious disease to women in the first 20 weeks of pregnancy and to those in the late stages of pregnancy particularly those who deliver within 7 days of infection. They should be given immunoglobulin to help fight the infection.

When can the child return to school?

- The child can return to school 5-6 days after the first spots appeared.

If you have any questions, please contact the nurses Isabelle & Irma by PuxiSchoolNurse@bisspuxi.com.

Regards,

Andrew Lancaster
Head of Key Stage 3