



# Health Corner

## Chicken Pox

**What is it? Chicken Pox** (*vejbakas*.) is a highly contagious disease that is easily transmitted from one child to the next, especially in those who have not been previously vaccinated. Chicken pox is caused by the ***varicella-zoster virus***.

**Symptoms** - The first signs are similar to a regular cold -- runny nose, low fever, sneezing, cough, lack of energy, low appetite. Then 2-3 days later, a rash develops often in bunches across the chest, back, face and scalp. The rash looks like pink spots that quickly develop into blisters. Normally, chicken pox is a mild illness, but can be quite uncomfortable as the spots are itchy.

**Treatment** is aimed at keeping the child comfortable with fever-reducing medications (like Paracetamol) and anti-itching ointments for the spots. Sick children should stay home from school for at least one week for proper rest. Chicken pox remains contagious until all the blisters have crusted over.

**Cautions** – Remember that chicken pox is contagious to adults as well, especially to those who have never had the disease before. Do not give aspirin (acetylsalicylic acid) to children with chicken pox as it has been associated with another condition called Reye's Syndrome.

### ISL Policy

- If your child has any of the above symptoms, please keep them at home & consult with your local doctor.
- If your child is diagnosed with chicken pox, please notify the School Nurse immediately. Once symptom-free and all blisters have crusted over, may your child return back to school with a doctor's note.