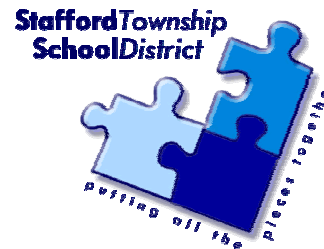


Symptoms

- Low-grade fever
- Cold symptoms
- Itchy rash which starts on the chest or back and continues to appear for 2-3 days
- Rash progresses into blisters filled with amber fluid
- Blisters rupture and form scabs

If these symptoms occur, keep your child home from school, notify your school nurse and consult your doctor as needed.



For additional information contact your school nurse at 609-978-5700

Primary Learning Center x1276
Ocean Acres x1113
Oxycocus x1073
McKinley Avenue x1140
Intermediate x1074
District Nurse Coordinator x 1205



Wellness Series

Keeping students healthy,
fit and eager to learn

Chicken Pox (Varicella-Zoster)





Chicken Pox (Varicella-Zoster)

Chicken Pox is an illness caused by the varicella-zoster virus. It is highly contagious. Even though all children are now required to be vaccinated against this illness, we still see some cases of Chicken Pox.

Chicken Pox is contagious for 2-3 days before the rash appears. It is spread through direct contact with the skin rash or through the air by inhaling respiratory droplets of an infected person

It takes approximately 14-21 days for symptoms of

Children may return to school when all scabs are dried and crusted.

Chicken Pox to develop. These symptoms may include a low-grade fever and/or signs of a cold. An itchy rash, starts on the chest or back and continues to appear on the body for 2-3 days. The rash resembles insect bites at first, then progresses into blisters filled with amber fluid. These blisters rupture and form scabs.

If any symptoms occur, please keep your child home from school, notify your school nurse, and consult your doctor as needed. Your child may return to school when all scabs are dried and

crusted.

To soothe the itching you can bathe your child using 1/2 cup of cornstarch, baking soda or oatmeal for every 2 inches of bath water. Be sure to use warm or lukewarm water, as hot water makes itching more intense.

If your child is not hungry, be sure to give him or her plenty of fluids including apple juice, ice pops, Jello, water, or sports drinks.

Contact your doctor for advice if your child experiences fever or extreme itching.

