



Public Health England

Protecting and improving the nation's Health

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To All Parents & Staff

Re: Chicken pox – Bligh Primary School, Rochester. ME2 2QJ

I have been notified of some cases of chicken pox in children attending the above school.

Chicken pox is an acute generalised viral disease, which is highly infectious. It is usually a mild disease and the child makes a full recovery. However, in some individuals who have weakened immune systems and in adults or pregnancy the effects can be more serious (see advice sheet enclosed). The virus can remain dormant in the body for many years and may reactivate later in life causing shingles.

The main symptom of chicken pox is a rash in which groups of small, red, and sometimes painful, fluid filled spots appear on many parts of the body. After a few days the spots burst or dry out and then crust over. In addition to the rash, a child may also have a slightly raised temperature, but in general does not appear ill.

Chicken pox is spread from person to person by direct contact, droplet or airborne spread. Children are infectious from 1-2 days prior to the eruption of the rash and continue to be so until all lesions are crusted. Children should therefore be kept away from school until all lesions are dry and crusted over (this takes approximately 5 days).

If you have any concerns, please consult your General Practitioner.

Yours sincerely

Esther Ekong
Health Protection Practitioner
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