



Dear Parent / Carer,

There has been a confirmed case of **Chickenpox** in your child's year group.

Chickenpox is a mild but highly infectious viral condition. It causes an itchy rash that blisters and then crusts over and is most common in children under 10 years of age, although it can develop at any age. It is very common in childhood and around 90% of adults who grew up in the UK are immune to the condition as they have had it before.

There is no cure for chickenpox, although there are some measures that can relieve the symptoms, such as calamine lotion. In most people, the blisters crust up and fall off naturally within one to two weeks. Chickenpox is most infectious from one to two days before to around five days after the rash starts. Children should stay home from school and adults should stay off work until the condition is no longer infectious.

Chickenpox can be a more serious infection in:

- Pregnant women
- Newborn babies
- People with a weakened immune system

For more information please contact your local GP or visit www.nhsdirect.nhs.uk

Yours sincerely,

Mrs Vicky Sanderson

Headteacher