

Your child may have been exposed to:

## Chickenpox

Chickenpox is a viral illness. It is common for children to get chickenpox. It may be prevented by vaccination.

### If you think your child has Chickenpox:

- Tell your childcare provider or call the school.
- **Need to stay home?**

#### Childcare and School:

**Yes**, until all the blisters have dried into scabs. This is usually by day 6 after the rash began.

This is true even if the child has been vaccinated.

**DO NOT give aspirin or salicylate-containing medicines to anyone under 18 years of age.**

### Symptoms

Your child will have a rash that begins as red bumps and may have a fever.

If your child is infected, it may take 10-21 days for symptoms to begin.

### Spread

- By touching the blister fluid or secretions from the nose or mouth.
- By coughing or sneezing.

### Contagious Period

From 1 to 2 days before the rash begins until all blisters have become scabs. Scabs usually form within 6 days.

### Call your Healthcare Provider

If someone in your home:

- ◆ develops a rash with fever. Your doctor will decide if treatment is needed. **DO NOT go to a healthcare facility without calling first.** You will be separated from others to prevent spread of illness.
- ◆ has been exposed to chickenpox and they have not had chickenpox disease or chickenpox (varicella) vaccine in the past or are pregnant.

### Prevention

- In Minnesota, all children 18 months and older attending childcare or school must be vaccinated with varicella vaccine, have a history of disease, or have a legal exemption.
- Cover nose and mouth when sneezing or coughing. Use a tissue or your sleeve. Dispose of used tissues.
- Wash hands after touching anything that could be contaminated with secretions from the nose and mouth. Your child may need help with handwashing.
- Clean and disinfect any objects or surfaces that come in contact with secretions from the nose or mouth. Use a product that kills germs.

For more information, call Saint Paul - Ramsey County Department of Public Health at 651-266-1277.