



31st January 2023

Dear Parent / Carer

Re: Chicken Pox

We have been informed that a number of children who attend our school have been diagnosed with Chicken Pox.

We have sought advice from UK Health Security Agency North West Health Protection Team. They have advised that although chicken pox is usually a mild illness, it is extremely contagious. Therefore, if you suspect your child may have chicken pox, national guidance is that your child must be excluded from school until 5 days after spots appear. Whilst exclusion is usually 5 days, all lesions must be crusted over before they return to school.

There is no specific treatment for chicken pox but if you have any concerns, we would advise you to discuss them with a clinician.

Chicken pox is spread by respiratory droplets or by direct contact with fluid from blisters. It has a sudden onset with fever, runny nose, cough and a generalised rash. The rash starts with blisters which then scab over. Several 'crops' of blisters occur so that at any one time there will be scabs in various stages of development.

The rash tends to be more noticeable on the trunk than on exposed parts of the body and may also appear inside the mouth and on the scalp. Some infections can be mild or without symptoms.

If you/your child has an underlying condition which affects the immune system, you should contact your GP or hospital doctor to discuss whether any additional measures are needed.

Infection control advice:

The Health Protection Team have advised us on hygiene measures to help prevent spread within our school / nursery. Parents/Carers can help by reminding children the importance of coughing/sneezing into a tissue and putting it in the bin and regular handwashing with soap and water.

Please refer to [Chickenpox - NHS \(www.nhs.uk\)](http://www.nhs.uk) for further information.

If you have any further questions, please contact us on 0151 625 5561

Yours sincerely

Mrs Bailey

Headteacher