



Sequatchie Valley Planning & Development Agency  
**Sequatchie Valley Head Start**

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Dear Parent or Guardian:

\_\_\_\_\_ A child in our program has chicken pox.

\_\_\_\_\_ Your child may have chicken pox.

**Information about chicken pox:**

*What is it?* Chicken pox is a very contagious infection caused by a virus. It usually begins with a mild fever and an itchy rash. The rash starts as small, red bumps that become blisterly, oozy, and then crust over.

*How is it spread?* It is spread through exposure to infected fluids from the nose, throat, or skin rash of someone with chicken pox. This can occur either by sharing that person's breathing space or by directly touching the infected fluids from the skin. Chicken pox is contagious from 2 days before the rash starts until the entire rash is dried and crusted. After exposure, it takes 10 days to 3 weeks before the rash appears.

*How is it treated?* Chicken pox is generally not a serious disease and there is no specific treatment for it. The symptoms can be treated with plenty of fluids, rest, anti-itching medicines and lotions, and medicine for fever control.

**ASPIRIN (SALICYLATE) CONTAINING PRODUCTS SHOULD NOT BE USED FOR FEVER CONTROL IN CHILDREN WITH CHICKEN POX.** There is a possible association between the use of aspirin and a rare but very serious disease called Reye's Syndrome (vomiting associated with liver problems and coma).

*What should you do about chicken pox?*

1. Watch your child for the next 10 days to 3 weeks to see if the chicken pox rash develops.
2. Do **not** send your child to our program with a suspicious rash. Ask your health care provider to diagnose the illness and to give you anti-itching medicine or lotions for your child if the itching is disturbing the child.
3. If your child develops chicken pox, you can return her or him to the program 1 week after the rash began or when all the blisters are dried up or crusted over.
4. Be aware that if one of your children develops chicken pox, other people in the family who have not had it will probably get it too, because chicken pox is **very** easily spread.