

Striving for Excellence: *step-by-step*

Dear Parent/Carer,

We have some children who have caught chicken pox in school. Chickenpox is a common illness that mainly affects children and causes an itchy, spotty rash. Chickenpox is caused by a virus that spreads very easily to people who haven't had it before. If you have had it before, you'll usually be immune for life.

Most children will catch chickenpox at some point. It can also occur in adults who didn't have it when they were a child.

### What to do if your child gets chickenpox

Your child will probably feel pretty miserable and uncomfortable, but treatment can help relieve the symptoms.

The following can help:

- use [paracetamol](#) to relieve fever and discomfort - don't use [anti-inflammatory painkillers](#), such as [ibuprofen](#), as they can sometimes make people with chickenpox very ill
- use calamine lotion, [moisturising creams](#) or cooling gels to ease itching
- tap or pat the skin rather than scratching it - it's important to avoid scratching because this can lead to further problems
- drink plenty of fluids to stay hydrated

**Please keep your child at home until the spots have scabbed over. When this happens, they are no longer infectious and can return to school and catch up with their learning.**

Chickenpox is usually mild and clears up within a week or so, but it can be dangerous for some people, such as pregnant women, newborn babies and people with a weakened immune system.

Please seek advice from your GP if you have any concerns.

Yours sincerely,



Aidan Sadgrove  
Principal