

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

Kentucky Department for Public Health Frankfort, KY  
 Kentucky Regional Poison Center Louisville, KY  
 Lake Cumberland District Health Department Somerset, KY  
 The Centers for Disease Control and Prevention (CDC) Atlanta, GA

<http://chfs.ky.gov/dph/>  
 EMERGENCY: 1-800-222-1222  
[www.lcdhd.org](http://www.lcdhd.org) (606) 678-4761  
 Toll free: 1-800-311-3435 [www.cdc.gov](http://www.cdc.gov)