

Your child may have been exposed to:

## Shingles

Shingles (zoster) is caused by the varicella-zoster virus that remains in the body after a child has chickenpox (varicella).

### If you think your child has Shingles:

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

#### Childcare and School:

**No**, if blisters can be covered with clothing or bandage.

**Yes**, if blisters cannot be covered by clothing or bandages, until the blisters have crusted.

### Symptoms

At first, your child may have a lot of pain and itching. Numbness is common around the trunk or on the face. A red rash appears about 1 to 3 days later. Next, clusters of blisters appear. They are usually on one side of the body. The blisters crust over within a few days.

The rash and pain usually disappear in 3 to 5 weeks.

### Spread

Shingles does not spread from person-to-person as shingles. If someone who has not had chickenpox in the past touches the fluid from the shingles blisters they may get chickenpox.

### Contagious Period

Until one week after the blisters appear.

### Call your Healthcare Provider

If anyone in your home:

- ◆ has symptoms. Treatment may be available.
- ◆ was exposed to shingles and has not had chickenpox or the chickenpox (varicella) vaccine in the past or is pregnant.

### Prevention

- Wash hands after contact with fluid from blisters or sores. Your child may need help with handwashing.
- Cover blisters with clothing or bandages.

#### 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)