



# MINDARIE PRIMARY SCHOOL

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## NOTIFICATION OF COMMUNICABLE DISEASE

Dear Parents,

I would like to advise you that a student in this school has a confirmed case of chickenpox.

To achieve the best possible care for our students and their families, we have placed an extract from the Department of Health website below [www.public.health.wa.gov.au](http://www.public.health.wa.gov.au).

Should your child display any symptoms, please see a doctor. If the disease is confirmed, please notify the teacher and ensure your child stays at home during the exclusion period.

For further information please contact your GP. I appreciate your support in this matter.

Barbara Bromley  
Principal  
15 March 2017

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### What is chickenpox?

Chickenpox is caused by a virus called Varicella Zoster Virus. Most children who get chickenpox have a mild illness, but some can become quite ill. Usually adults who get chickenpox have a more severe illness. The illness with chickenpox usually lasts about seven to ten days. The illness may start with a fever and feeling unwell, like having a cold. In some children the first sign of the infection is the rash. The rash usually starts on the chest, and most spots appear on the chest and head (including in the hair), although some children and adults can have spots all over the body (except the palms of the hands and soles of the feet). The spots start as red, itchy lumps, which then become blisters. The top comes off of the blister and watery fluid escapes. Then a crust forms on the spot. This crust takes about five days to fall off. The spots often come in waves for several days so there will be new lumps, blisters and crusting sores on the skin at the same time.

### How is chickenpox spread?

The infection is spread when the person sneezes or coughs, or by direct or indirect contact with the fluid in the blisters. The person with chickenpox is contagious from the beginning of the illness (up to two days before the spots appear) until the blisters have formed crusts.

### How long does it take to develop?

Chickenpox usually takes around 10 and 21 days to develop after exposure to an infected person.

### Keeping children away from school or child care

A child should be kept at home for at least five days after the first spots appear, or until all blisters are dry if this takes longer.