



District Superintendent
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Winton School District

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Date:

Dear Parent/Guardian,

There have been several cases of chicken pox in your child's school recently. Below is some information you may find helpful regarding this common childhood disease.

Chicken pox is caused by a virus and is spread by respiratory secretions (mucus from the mouth and nose) or by direct contact with the rash. The incubation period (time from exposure to beginning of disease) is usually between 14-21 days.

Children with chicken pox usually have a fever and a distinctive skin rash. The rash begins as red bumps, which develop into blisters, then pop to form scabs. The blisters appear in crops and may involve the entire body.

Chicken pox is contagious from two days before the rash develops until all the blisters are crusted over. If you suspect your child has chicken pox, please keep your child at home and contact your physician.

The chickenpox vaccine is recommended for persons older than 12 months of age who have never had the disease. If your child has already had this vaccine, it should be on his or her shot record as "varicella", "VZV", or "chickenpox".

Studies have shown that children who have been exposed to chickenpox/shingles and are vaccinated within 5 days of exposure are less likely to become sick. If your child has not had chickenpox, or has not been vaccinated, we suggest that you contact your child's regular health care provider as soon as possible to discuss the use of varicella (chickenpox) vaccine for your child. Children who do not have protection against chickenpox may be excluded from school as part of the CT Department of Public Health outbreak control guidelines.

Please call the school nurse if you have further questions.

Sincerely,

Diane Gannon

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