



To Parent/Guardian of: \_\_\_\_\_

Your child has been exposed to chickenpox. Chicken pox is caused by the virus which is spread by droplets from the respiratory tract of an infected person. The time between being exposed and becoming ill is 10 to 21 days. If your child should develop symptoms such as a mild fever, headache, decreased appetite, and skin rash within the next 3 weeks, you will want to relay this exposure information to your physician.

If your child develops chicken pox, the following guidelines may be helpful:

1. Give daily baths. Adding baking soda or cornstarch to the baths helps reduce itching.
2. Supply clean clothes and linens daily, if possible.
3. Teach child to apply pressure to itchy areas rather than scratching.
4. Keep fingernails trimmed and hands clean to reduce the possibility of infecting the blisters and scarring.
5. Keeping the child occupied with games, reading, coloring, etc. is an excellent way to take the mind off itching and scratching.
6. **DO NOT GIVE ASPIRIN.** Check with your physician for recommendation on anti-fever and itching medications.
7. Keep cold drinks available at all times. Fluids can also be given with popsicles and jello.
8. According to the Texas Department of Health, all blisters must be completely crusted over before the child may return to school. This usually takes about 7 days. Please bring your child to the nurse's office before returning to class.

If your child develops any of the following symptoms, call your physician:

- |                        |  |
|------------------------|--|
| Red streaks from sores | Severe headache  |
| Fever 103° or over     | Severe lethargy (persistent drowsiness and lack of energy) |

As always, if you have any questions or concerns, please feel free to call me at \_\_\_\_\_.

Thank you,

\_\_\_\_\_  
School Nurse