

29th March 2022

Chicken Pox advice

Dear Parents/Carers

Chicken pox is a common illness in children at nursery. Please read the advice by following this link:

<https://www.nhs.uk/conditions/chickenpox/>

Please note that children should stay off nursery if they have any unexplained rash. If it is chicken pox, your child will need to stay away from nursery until all the spots have formed a scab. This is usually 5 days after the spots appeared.

Please let us know if you suspect your child has chicken pox. If they do, it can be treated as follows:

- drink plenty of fluid (try ice lollies if your child is not drinking) to avoid dehydration
- take paracetamol to help with pain and discomfort
- cut your child's fingernails and put socks on their hands at night to stop them scratching
- use cooling creams or gels from a pharmacy
- speak to a pharmacist about using antihistamine medicine to help itching
- bathe in cool water and pat the skin dry (do not rub)
- dress in loose clothes

Kind regards

Steve