



**Date:**

## **CHICKENPOX EXPOSURE NOTICE**

Dear Parents/Guardians:

Your child may have been exposed to the communicable disease or condition detailed below. The information provided does not replace talking with your health care provider if your child is ill. *If your child has symptoms, please seek diagnosis and treatment from your health care provider as soon as possible.*

**CHICKENPOX (VARICELLA DISEASE):** A viral disease caused by the varicella-zoster virus.

**What are the symptoms?** Blister-like rash, itching, tiredness, and fever. The rash appears first on the torso and face and can spread over the entire body.

**How is it spread?** Chickenpox is easily spread from person to person, either by direct contact or by breathing in the virus particles from coughs or sneezes of an infectious person. The chickenpox vaccine is the best protection against chickenpox. This disease can be prevented through a proper course of vaccinations. A pregnant household member who may have been exposed to this disease needs to consult with a medical provider.

**When do symptoms start?** Symptoms usually begin 10 to 21 days after exposure to the virus.

**Should I keep my child at home and away from group settings (i.e. preschool, childcare)?** Yes, **until** all lesions/blisters are dry and crusted (usually about 5 days) **and** child meets preschool/school's readmission criteria.

*Any questions concerning this exposure can be directed to your child's preschool/school office at (650) 562-7611.*

*For additional information about this or any communicable disease, visit [www.cdph.ca.gov](http://www.cdph.ca.gov) or <http://www.cdc.gov/vaccines/vpd-vac/varicella/default-basic.htm>.*

**Remember, washing your hands before preparing or eating food and after using the bathroom or changing diapers prevents the spread of disease.**