



Olympic Educational Service District 114

105 National Avenue North, Bremerton, Washington 98312
(360) 478-6887 • 1-800-201-1300 • FAX (360) 405-5808



OESD Head Start /ECEAP /Early Head Start Exposure Notice

Date:
To: All Parents
From: Your Child's Classroom
Subject: CHICKENPOX

Your child may have been exposed to chickenpox. Please watch for signs of it in the next 2 - 3 weeks.

Appearance- Child may have fever, not feel well, and get small red spots. These spots fill with a clear to yellowish fluid (now called a blister) and then break open in a day or two to form a dark scab. The rash and blisters usually appear first on the stomach and back, then spread to the face, arms and legs. Early in the infection, the rash includes red raised bumps, blisters, and scabs at various stages of development. The rash is very itchy.

Cause: Varicella Virus

Spread- Chickenpox is spread by discharge from the nose and throat and the skin blisters. Since the disease is most contagious before there are signs of illness, little can be done to prevent infection of those who are exposed.

Treatment- *Do not use aspirin or ibuprofen* for fever - use a non-aspirin medication. Call your child's doctor for further information and to let him/her know your child has chickenpox. Keep child's fingernails short and hands clean. *Pregnant women who have not had chickenpox and may have been exposed must call their health care provider immediately.*

Return to Class- Keep child home until all spots have scabs on them (usually 7 days) and the fever is gone. Please call your child's teacher to let her know your child will be absent due to chickenpox.

Prevention: Ask your doctor or Kitsap County Health District about the new chickenpox vaccine.

If you have questions, please contact your classroom's Family/Health Advocate, the Health Program Manager 360-478-6878, or the Kitsap Public Health District Communicable Disease Nurses 360-728-2235.

If staff have concerns about a child's ability to safely return to class, we reserve the right to request a note from the child's health care provider.
