



Penn Wood Primary and Nursery School
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As of February 2015

Parent / Carers – Advice and care when contracting the Chicken Pox Virus

We have recently had cases of the Chicken Pox virus report in school. Please seek medical advice if your child presents the following symptoms:

- High temperature, aches/pains and a headache often at the start the day before a rash appears.
- Spots appear in crops. They develop into small blisters and are itchy. They can be anywhere on the body, even in the mouth. Several crops may develop over several days.
- Loss of appetite

If your child becomes unwell with these symptoms please call the school before 9am. Medical proof may be required in order to authorise any days of absence. Your child will need to remain at home until the spots have dried and crusted over. Your child can come back to school even when the spots are still visible but they must have all dried out.

Caring for your child with chickenpox

There is no cure for chickenpox. The virus usually clears up by itself without any medical treatment.

- Paracetamol is the preferred painkiller for treating the associated symptoms of chickenpox. Always read the manufacturer's dosage instructions. Aspirin alert - Never give your child aspirin if you suspect or know that they have chickenpox. Children with chickenpox who take aspirin can develop very serious medical problems.
- Drink plenty of water, keep hydrated. Sugar free ice lollies can help ease mouth sores. Avoid anything that may make the mouth sore, such as salty foods. Soup is easy to swallow as long as it is not too hot.
- Keep finger nails clean and short. Use calamine lotion to ease itching. It has a soothing, cooling effect.
- Wear loose fitting, breathable clothing for comfort and to help keep their temperature down. If your child has chickenpox, avoid sponging them down with cool water. This can make your child too cold and may make them shiver.

You can help stop the virus spreading by wiping down objects or surfaces with a sterilising solution and by making sure that any infected clothing or bedding is washed regularly. Avoid contact with: pregnant women, newborn babies and anyone who has a weak immune system.

Those at risk of more complications include children/adults with the following medical conditions: Leukaemia and or other cancers, those on high doses of steroids and with conditions that seriously reduce their immunity systems, pregnant women. Further medical advice can be found at Public Health England www.gov.uk

Please do call the school office if you need more information.

Best wishes

Mrs Welford –Attendance Leader