

Dear Parent,

Peel Public Health has received reports of chickenpox in your child's school. Your child may have been exposed to this disease.

Chickenpox is caused by the varicella-zoster virus. Signs and symptoms include:

- Fever
- Red spotty rash that becomes itchy, fluid-filled blisters and then turns into scabs after 5-7 days
- Fatigue
- Headache

Please monitor your child for chickenpox for 21 days after exposure and if your child develops signs or symptoms of chickenpox:

- **Do not send them to school until assessed by a doctor. Call the doctor's office before visiting to let them know your child may have been exposed to chickenpox.**
- Your child may return to school after being seen by a doctor and are feeling well enough to participate in activities as usual.
- Give a non-prescription pain reliever such as acetaminophen to relieve a headache, fever or general aches and pains. **Do not give Aspirin™ or any product that contains acetylsalicylic acid (ASA) to a child less than 18 years of age.**
- Use calamine lotion to help relieve itching.
- Put a cool moist washcloth on itchy areas for 20 to 30 minutes.
- Wash hands often to prevent infection.
- If blisters become infected or your child becomes very sick, seek medical attention.

**Newborn infants, pregnant individuals and people with weakened immune systems** are at higher risk of chickenpox complications and should follow up with their healthcare provider or Peel Public Health as soon as possible to discuss preventive treatment.

Immunization provides the best protection against chickenpox. This 2-dose vaccine is recommended for most individuals over the age of 12 months. Talk to your doctor if you think you or your child should receive the vaccine.

For more information, please contact Peel Public Health at 905-799-7700, Monday to Friday, 8:30 a.m. – 4:30 p.m.

Sincerely,

Communicable Diseases Investigation Team  
Region of Peel Public Health