

## **Itchy Chicken Pox**

**Chicken pox is also known as varicella-zoster virus (VZV).**

**It is very contagious, so an infected child should stay home and rest, symptoms can begin 10-12 days after the contact with the virus.**

### **Symptoms:**

**Flu-like symptoms; slight cough, fever, a runny nose, headache, fatigue, loss of appetite or a sore throat.**

**An itchy rash that look like blisters will appear after 24-48 hours and can appear anywhere on the body.**



**Chickenpox is contagious from about 2 days before the rash appears and until all the blisters are crusted over.**

**A child with chickenpox should be kept out of school until all blisters have dried, which can usually take about 7-10 days.**

### **Treatment**

**Cool baths for the first 3-4 days, Oatmeal bath products/baking powder can help to relieve itching.**

**Calamine lotion on itchy areas can also help.**

**See a Doctor if you are worried, the Doctor may prescribe an antihistamine for the itch or antibiotics if sores have become infected.**

**If on immune-suppressant medication you must see your Doctor.**

**Lots of rest and sleep is important.**

**Anti-pyretic's can be used for a temperature such as Paracetamol or Ibuprofen.**

**If you take your child to the Doctor, let the office know in advance that your child might have chickenpox. It's important to avoid exposing other children to the illness**