



Te Kopuru School
Norton Street.
P.O Box 20
Te Kopuru.
Ph/Fax (09) 439 1802
Email: jessica@tekopuru.school.nz

Dear Parents/Caregivers,

11.09.20

As of today we have been informed of three families with suspected cases of chickenpox. This is an infectious disease so please keep children at home if they feel unwell. The public health nurse has advised the school that no further action is needed as it is not a communicable disease.

Below is advice and guidelines from the Ministry of Health. If you have any concerns please contact healthline 0800 611 116 or your local Medical Centre.

Sometimes children scratch the blisters and they can become infected. If this happens, you'll need to take them to the doctor.

Very occasionally chickenpox can lead to serious complications, such as pneumonia, problems with the kidneys, heart, joints or nervous system. Chickenpox is also serious for pregnant women.

If there are no complications, chickenpox usually clears up within 3–7 days for adults, and 5–10 days for children.

Once you've had chickenpox, you're probably immune - this means your body can fight it off and you won't get sick. If you've had a very mild case of chickenpox with just a few blisters, it's possible to get it again, but this is very rare.

How is it spread?

The virus is spread through the air by infected people when they sneeze or cough, and by touching the chickenpox blisters then touching objects or other people.

The illness starts 10–21 days after being exposed.

Stop chickenpox spreading

Chickenpox is contagious from 1–2 days before the blisters appear. Avoid close contact with other people, stay home from work and keep children home from school and early childhood education centres for 1 week from the appearance of the rash until all blisters have dried.

People with chickenpox have small blisters (like a rash) on their skin.

These can be very itchy.

Other symptoms of chickenpox are:

- tiredness
- fever
- general aches and pains.

How long chickenpox lasts

If there are no complications:

- adults generally have the chickenpox infection for 3–7 days
- children are usually ill for about 5–10 days.

Teenagers and adults are more likely to have complications or feel sicker from chickenpox than children.

Kind regards

Lee Anderson
Principal