



MINNEAPOLIS
PUBLIC SCHOOLS
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Minneapolis Public Schools Health Related Services



Chickenpox

Dear Parent/Guardian:

A case of chickenpox has been identified in your child's classroom. We want to make you aware of the following:

Cause: Chickenpox are caused by a virus, varicella-zoster.

Symptoms: Your child will have a rash that begins as red bumps and may have a fever.

If your child is infected, it may take 10-21 days for symptoms to begin.

Spread: By touching the blister fluid or secretions from the nose or mouth.

By coughing or sneezing.

Contagious Period: From 1 to 2 days before the rash begins until all blisters have become scabs. Scabs usually form within 6 days.

Call your Healthcare Provider: If someone in your home:

- develops a rash with fever. Your doctor will decide if treatment is needed. **DO NOT go to a healthcare facility without calling first.** You will be separated from others to prevent spread of illness.
- has been exposed to chickenpox and they have not had chickenpox disease or chickenpox (varicella) vaccine in the past or are pregnant.

Exclusion: Need to stay home?

Yes, until all the blisters have dried into scabs. This is usually by day 6 after the rash began. This is true even if the child has been vaccinated.

- Prevention:**
- In Minnesota, all children 18 months and older attending childcare or school must be vaccinated with varicella vaccine, have a history of disease, or have a legal exemption.
 - Cover nose and mouth when sneezing or coughing. Use a tissue or your sleeve. Dispose of used tissues.
 - Wash hands after touching anything that could be contaminated with secretions from the nose and mouth. Your child may need help with handwashing.
 - Clean and disinfect any objects or surfaces that come in contact with secretions from the nose or mouth. Use a product that kills germs.

DO NOT give aspirin or salicylate-containing medicines to anyone under 18 years of age.

Report cases to the school health office. For information, call Hennepin County Epidemiology at 612-543-5230.