



03 October 2019

Dear Parents and Guardians,

**RE: Chickenpox Alert**

This letter is to notify you that case of chickenpox has been reported in Secondary, in Years 11. We are writing to inform our Secondary community as a precautionary measure.

Chickenpox, which is caused by the varicella-zoster virus, is highly contagious, and it can spread quickly. The virus is transmitted by direct contact with the rash or by droplets dispersed into the air by coughing or sneezing.

**Symptoms**

The chickenpox infection appears 10 to 21 days after exposure to the virus and usually lasts about 5 to 10 days. The rash is a clear indication of chickenpox. Other signs and symptoms, which may appear one to two days before the rash, include:

- Fever
- Loss of appetite
- Headache
- Tiredness and a general feeling of being unwell (malaise)
- Raised pink or red bumps (papules) which break out over several days
- Small fluid-filled blisters (vesicles) forming from the raised bumps which may break or leak the following 24-48 hours after formation
- Crusts and scabs which cover the broken blisters and take several more days to heal

Chickenpox can be prevented through vaccination. The chickenpox vaccine is safe and effective in protecting those who have never had chickenpox.

If we happen to find your child suffering from any signs or symptoms of chickenpox, we will isolate them and contact you directly. Please note that students who are exhibiting signs or symptoms should be kept at home until they are certified by a doctor to be fit to return to school. We appreciate your participation in the community conscience for the rest of the school body.

Should you have any queries please do not hesitate to contact me.

Sincerely,

**Parvathy D/o Sundramuthi**

School Nurse