

NIPAWIN HOSPITAL

CHICKEN POX

Chicken Pox is caused by a virus. The chicken pox virus lives in the nose and throat and in blisters on the skin of an infected person. It is spread by direct contact with infected fluids from these areas. The virus can be spread for about 1 - 2 days before a rash appears and up until the blisters are crusted over.

Symptoms:

- Fever
- Itchy rash that begins as small fluid-filled blisters that dry and form scabs
- Tiredness

Treatment:

- A virus; antibiotics have no effect
- If rash is itchy, may add baking soda to warm bath water. Calamine lotion may be beneficial
- Tylenol for age. No aspirin (ASA) or Ibuprofen (Motrin)

Activity:

A child may attend school or daycare as long as they are feeling well enough to take part in normal activities.

Prevention of Infection:

- Handwashing and personal hygiene is important to keep the throat and nasal secretions and discharge from blisters of those with chicken pox from others in family
- Do not visit people who have immune deficiency disorders, pregnant women who have not had chicken pox, and newborn babies are at a greater risk

Contact your doctor if:

- Earache
- Fever greater than 39°C (102°F)
- Excessive sleepiness, crankiness
- Vomiting
- Difficulty breathing
- Persistent cough
- Skin infection

Reference: Pediatric Telephone Protocol (1997); Tridistrict Info (2001); Clinical Guidelines in Family Practice (1998)