



CHICKEN POX

COMMON CHILDHOOD AILMENTS

SYMPTOMS

An itchy spotty rash on the body.
The spots fill with fluid and become blister like before turning into a scab. Before the rash appears, children may have a high temperature and feel unwell with aches and pains.



INCUBATION

Children will need to stay away from nursery or school until the spots have all turned to scabs. This is usually about 5 days after the rash has appeared. It is caught by touching things that have the chicken pox fluid on them.

TREATMENT

Drink plenty of fluids to avoid dehydration.
Take paracetamol to help with the pain and discomfort.
Talk to your pharmacy about cooling sprays and ointments.
Soak in cool water to soothe the skin and pat dry.
Wear loose clothes.



TOP TIPS

Keep fingernails short to reduce scratching.
Wear gloves or socks on your hands to reduce the scratching.

Chicken Pox is particularly dangerous for pregnant women and babies. If in doubt speak to your GP or call 111.

*Photo Acknowledgement: www.dftbskindeep.com

IMPORTANT

FURTHER SUPPORT



Go to 111.nhs.uk



Call 111



Remember, if in doubt, call 111