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Letter to Parents Regarding Chicken Pox (Varicella)

March 5, 2020

Dear Parent or Guardian,

A case of Chicken Pox has been reported in The Rogue River School District. The student is in our Junior/Senior High School. This letter is to inform you of this and offer some helpful tips regarding Chicken Pox that the Jackson County Health Department has shared with us.

**What is Chicken Pox?** Chicken Pox (also known as Varicella) is a common childhood illness. Symptoms usually develop 10-21 days after exposure. Fever and cold symptoms are often the first signs of illness and are followed by the appearance of the typical rash. The rash starts as small pink bumps, often around the neck, ears, back and stomach. These develop a little water blister, which in turn becomes yellow and oozy and ultimately crusty as it dries. The infected person can spread Chicken Pox for two days before the rash appears, and until the last pox has crusted and dried. ***In normally healthy children, it is usually a relatively mild illness, however, complications may occasionally develop.***

**What should I do if I think my child has Chicken Pox?** If you suspect Chicken Pox, keep your child at home and limit visitors until the scabs have dried/crusted (usually 5-7 days) to avoid spreading the infection to others. Contact your medical provider to confirm the diagnosis.

**Can my child stay in school?** Children can spread the infection to others as long as there are any spots which are not crusted and dried. Children with Chicken Pox should be excluded from school until scabs are dry; this is usually five to seven days after the appearance of the rash. Children with spots that are crusted and dried can safely attend school.

Please contact the Jackson County Health Department at 541-774-8045 or your physician if you have more questions about Chicken Pox.

Please notify your child's school office if your child has Chicken Pox.

Your support in this matter is greatly appreciated.

Sincerely,

Patrick Lee  
RRSD Superintendent