

Chickenpox and Shingles

Chickenpox is a highly contagious disease caused by the varicella-zoster virus (VZV). It can cause an itchy, blister-like rash. The rash appears first on the chest, back, and face, and then spreads over the entire body. It is a common condition and mostly affects children, but you can get it at any age. It usually gets better by itself after 1 to 2 weeks without needing to see a GP. You can catch chickenpox by being in the same room as someone with the condition as it's spread by touching things that have fluid from the blisters on them.

Shingles and chickenpox

You cannot catch shingles from someone with chicken pox! You can catch chickenpox from someone with shingles if you have not had chickenpox before and you come into contact with the fluid and/or blisters. When you get chickenpox, the virus stays in your body. The virus can be triggered again if your immune system is weak. This causes shingles.



Returning to School/Work

Those diagnosed with chickenpox should stay away from school, nursery or work until all the spots have formed a scab. This is usually 5 days after the spots appeared. The rash should be covered where possible, and strict adherence and support with hand hygiene and cleaning of bed clothes, towels and the environment may be required.

- Do not use **ibuprofen** unless advised to do so by a doctor, as it may cause serious skin infection
- Do not give aspirin to children under 16
- Do not go near new-born babies, people who are pregnant and people with a weakened immune system, as chickenpox can be dangerous for them
- Do not scratch the spots, as scratching can cause scarring

Chickenpox Vaccine for children (MMRV)

Children are now offered the MMRV vaccine, which protects against measles, mumps, rubella and chickenpox (varicella).

They are offered 2 doses of the vaccine when they are 12 months and 18 months old. Older children born on or after January 2020 are also offered 1 or 2 doses of the vaccine

Further more information please visit: [Chickenpox - NHS](#) [Chickenpox vaccine - NHS](#)