Your child may have been exposed to:

**Chickenpox**

Chickenpox is a viral illness and is a common illness for children. It may be prevented by vaccination.

If you think your child has chickenpox, tell your childcare provider or call the school.

Keep your child home from childcare and school until all blisters have dried into scabs. This is usually by day 6 after the rash began. If your child has chickenpox they need to stay home, even if they previously had the chickenpox vaccine.

Do not give aspirin or salicylate-containing medicine to anyone under 18 years of age.

For more information, call Hennepin County HSPHD-Epidemiology at 612-543-5230 or call your local health department.

**Symptoms**

Your child will have a rash that begins as red bumps. The bumps will blister over and then form scabs. Your child may also have a fever.

If your child is infected, it may take 10-21 days for symptoms to begin.

**Spread**

- By touching the blister fluid or secretions from the nose or mouth of a person with chickenpox.
- By coughing or sneezing.

**Contagious period**

From 1 to 2 days before the rash begins until all blisters have become scabs. Scabs usually form within 6 days.

**Call your health care provider**

If someone in your home:

- develops a rash with fever. Your doctor will decide if treatment is needed. **Do not go to a health care facility without calling first.** You will be separated from others to prevent spread of illness.
- has been exposed to chickenpox and has not had chickenpox disease or vaccine in the past. This is especially important for those who are pregnant or immune compromised.

**Prevention**

- In Minnesota, all children 15 months and older attending childcare or school must be vaccinated with varicella vaccine, have a history of disease, or have a legal exemption.
- Cover nose and mouth when coughing or sneezing. Use a tissue or your sleeve. Dispose of used tissues in the trash.
- Wash hands after touching anything that could be contaminated with secretions from the nose and mouth, or fluid from the blisters. Your child may need help with handwashing.
- Clean and disinfect any objects or surfaces that come in contact with secretions from the nose or mouth. Use a product that kills germs.