Your child may have been exposed to:

**Shingles**

Shingles (zoster) is caused by the varicella-zoster virus that remains in the body after a person has chickenpox (varicella).

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

**Keep your child home from childcare and school** if blisters cannot be covered by clothing or bandage. Stay home until the blisters have crusted.

If blisters can be covered with clothing or a bandage, **you child may go to childcare or school**.

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

**Symptoms**

Your child may have a lot of pain and itching. Numbness is common around the trunk or on the face. A red rash appears about 1 to 3 days later. Next, clusters of blisters appear, usually on one side of the body. The blisters crust over within a few days.

The rash and pain usually disappear in 3 to 5 weeks.

**Spread**

Shingles does not spread from person-to-person as shingles. If someone, who is not vaccinated or has never had chickenpox in the past, touches the fluid from the shingles blisters they may get chickenpox.

**Contagious period**

Until blisters have crusted.

**Call your health care provider**

If anyone in your home:

- has symptoms. Treatment may be available.
- was exposed to shingles and they have not had chickenpox disease or vaccine in the past. This is especially important for those who are pregnant or immune compromised.

**Prevention**

- Cover blisters with clothing or bandages.
- Wash hands after touching anything that could be contaminated with fluid from the blisters or sores. Your child may need help with handwashing.
- Clean and disinfect any objects or surfaces that come in contact with fluid from the blisters or sores. Use a product that kills germs.