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'For Learning That Lasts A Lifetime'

22nd November 2019

Dear Parent/Carers

We have a confirmed case of chickenpox in school today.

The most commonly recognised chickenpox symptom is a red rash that can cover the entire body. Unfortunately, however, this is one of those childhood illnesses which can be contagious for several days before the rash has appeared so please be extra-vigilant.

Even before the rash appears, you or your child may have some mild flu-like symptoms including:

- feeling sick
- a high temperature (fever) of 38°C (100.4°F) or over
- aching, painful muscles
- headache
- generally feeling unwell
- loss of appetite

These flu-like symptoms, especially the fever, tend to be worse in adults than in children.

Please contact your GP if you are concerned that your child has been infected with this virus and do let us know.

If you are a pregnant Mum who has never had chickenpox (or you are unsure if you have had it) and you come into contact with a child or adult who has it, speak to your GP or midwife immediately. A blood test will establish if you are immune. Chickenpox infection in pregnancy can be dangerous for both mother and baby, so seek advice early.

Further information on this disease can be obtained from

<http://www.nhs.uk/Conditions/Chickenpox/Pages/Symptoms.aspx>

Yours sincerely

Ms H Comfort

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