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Dear Parents/Carers

There has been a confirmed case of Chickenpox within Concordia Academy so we would like to ensure that all parents are aware of good practice when it comes to identifying symptoms. Below, you will find some helpful guidelines; please rest assured that we act quickly as a school to send a child home who is exhibiting any of these symptoms.

Chickenpox is infectious from 2 days before the spots appear until they have crusted over. It can take 1 to 3 weeks from the time you were exposed to Chickenpox for the spots to start appearing. You may find the following information helpful:

1. Chickenpox starts with red spots. They can appear anywhere on the body.
2. The spots fill with fluid. The blisters may burst. They might spread or stay in a small area.
3. The spots scab over. More blisters might appear while others scab over.

Symptoms may appear before or after the spots, including:

- A high temperature above 38C
- Aches and pains, generally feeling unwell
- Loss of appetite

Parents and carers should be aware that it **IS** possible to get Chicken Pox more than once, although it is unusual.

Children will need to stay away from school until all the spots have crusted over. This is usually 5 days after the spots first appear.

You can find lots of useful information on how best to treat Chicken Pox and keep your child comfortable on the NHS website <https://www.nhs.uk/conditions/chickenpox/>

Please do get in touch if you have any questions.

Yours sincerely

Raheel Akhtar

Headteacher

