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INVESTOR IN PEOPLE

04th November 2016

Dear Parents/Carer's,

There has been a confirmed case of shingles within our school.

What is Shingles?

Shingles, is an infection of a nerve and the skin around it. It's caused by the varicella-zoster virus, which also causes chickenpox. It's not possible to catch shingles from someone with the condition or from someone with chickenpox. However, you can catch chickenpox from someone with shingles if you haven't had chickenpox before.

What are the symptoms of shingles?

The main symptom of shingles is pain, followed by a rash that develops into itchy blisters, similar in appearance to chickenpox. In some cases shingles may cause early symptoms that develop a few days before the rash first appears:

These early symptoms can include:

- a headache
- burning, tingling, numbness or itchiness of the skin in the affected area
- a feeling of being generally unwell
- a high temperature (fever)

What are the symptoms of chickenpox?

The symptoms of chickenpox start one to three weeks after becoming infected.

Stage 1 - red raised spots develop on the face or chest before spreading to other parts of the body.

Stage 2 - blisters over the next few hours or the following day

Stage 3 - The blisters will dry out and scab over

Chickenpox is contagious until all the blisters have scabbed over, which usually happens about five or six days after the rash appeared.

Please be aware that the chickenpox virus can cause complications in early stages of pregnancy, if concerned please contact your GP/Midwife.

What should I do if I think my child has it?

If your child develops any of these symptoms of shingles or chickenpox phone your GP for advice.

Thank you for giving this your attention, if you have any concerns or questions please visit <http://www.nhs.uk/Conditions/Shingles/Pages/Introduction.aspx#symptoms> or <http://www.nhs.uk/conditions/Chickenpox/Pages/Introduction.aspx#symptoms> for further details.

Regards

Mrs Jane Clarke

