

Chickenpox/Shingles

Symptoms of Chickenpox:

- Itchy, spotty rash of fluid filled blisters which then scab over. Please note rashes may look different depending on skin tone - please visit [NHS online](#) for more information.
- Spots appear between 1 and 3 weeks after exposure and you are infectious for 48 hours before the spots appear until they have all scabbed over.
- Fever, aches, and pains
- Runny nose
- Cough
- Feeling generally unwell
- Loss of appetite.

When should children with symptoms of chickenpox stop coming to school, nursery, or college?

People with chickenpox should avoid contact with other people for at least 5 days from the onset of the rash and until all blisters have crusted over.

Shingles

Shingles is also an infection caused by the chickenpox virus. You can catch chickenpox from someone with shingles. People with shingles should be excluded from the setting until their blisters are crusted over if they have a weeping rash that cannot be covered.

What should we do in the education setting?

Ensure children and staff with chickenpox or shingles do not attend the setting until all of their blisters have crusted over.

Encourage children to wash their hands. Children should use soap and water or alcohol hand gel regularly, but especially before eating or handling food, after using the toilet, and after coughing or sneezing.

Encourage children to practice good respiratory hygiene. They should cover their nose and mouth with a tissue (or sleeve) when sneezing or coughing, dispose of the tissue, and then wash their hands.

Maintain a thorough cleaning regime, especially in kitchens, bathrooms, and areas where there are groups of children with symptoms. Objects such as light switches and handrails that are touched frequently throughout the day should be cleaned more regularly.

Inform your UKHSA Health protection team first on 0344 2254 524 if both chickenpox and scarlet fever is circulating at your setting. Please also let CCT@derby.gov.uk know.

People at higher risk, such as pregnant staff (especially if they have not had chickenpox) or those with a weakened immune system should seek medical advice if they are exposed to chickenpox.



Ensure there is good ventilation throughout your setting. Consider opening windows, trickle vents and grilles, whilst balancing the need for a comfortable indoor temperature.

Discourage children from sharing cutlery, towels, clothes, bedding or baths.

Equipment such as dishwashers and washing machines should be appropriately maintained to ensure they remain operational.

Teaching resources:

Early years - [hand and respiratory hygiene](#)

KS1 - [hand and respiratory hygiene](#)

KS2 - [hand and respiratory hygiene and vaccinations](#)

KS3 - [hand and respiratory hygiene and vaccinations](#)

KS4 - [hand and respiratory hygiene and vaccinations](#)

