



Communicable Disease Prevention and Control
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EXPOSURE NOTICE: CHICKENPOX (VARICELLA)

Date Issued: _____

Dear Parent, Legal Guardian, or Staff,

Students and staff may have been recently exposed to **chickenpox**. We are providing the information below so you know what steps you can take to protect yourself and others. This information does not replace talking with your doctor if you become sick. ***If you or your child have symptoms, please seek diagnosis and treatment from a healthcare provider as soon as possible.***

CHICKENPOX: A vaccine-preventable viral illness that causes rash and fever. The varicella vaccine is the best way to prevent chickenpox.

What are the symptoms? Fever, headache, and an itchy rash with small blisters.

How is it spread? Chickenpox is extremely contagious and easily spreads from person to person, either by touching the blisters of an infected person, or by breathing in air near an infected person. Most people who get the chickenpox vaccine will not get chickenpox. If they do get it, symptoms are usually mild.

When do symptoms start? 10 to 21 days after exposure to the virus.

What to do?

If you are immune to chickenpox (vaccinated or previously infected):

- Monitor for signs of symptoms, fever, or rash. Seek medical care right away if symptoms develop.

If you are not immune to chickenpox (unvaccinated, under vaccinated or never infected):

- Monitor closely for signs of fever or other illness. Seek medical care right away if a fever develops.
- Some non-immune exposed individuals (i.e., household members of a person with chickenpox, pregnant people, healthcare workers, very young infants and immunocompromised people) should contact their doctor. Your doctor or the Public Health Department may recommend you stay home from work or school and receive medicine or a vaccine.

Do staff or children need to stay home? Yes, if the child or staff member has symptoms of chickenpox or has been exposed to chickenpox via a household member and is not vaccinated.

When can staff or children go back to school/childcare? A child or staff member with chickenpox can return when all blisters have scabbed over (this usually occurs after about 5 days). In the rare case that a vaccinated child develops chickenpox, the child may not return to school until there have been no new bumps or blisters for 24 hours. Unvaccinated exposed household members should stay home until 21 days have passed since the last household member to have chickenpox developed a rash.

For additional information, visit [cdc.gov/chickenpox](https://www.cdc.gov/chickenpox).