



Communicable Disease Prevention and Control
150 West Tasman Drive, Suite 1A
San Jose, California 95134
(Tel) 408.885.4214
(Fax) 408.885.4249

EXPOSURE NOTICE: SHINGLES

Date Issued: _____

Dear Parent, Legal Guardian, or Staff:

Students and staff may have been recently exposed to **shingles**. 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.***

SHINGLES: A viral infection that causes a painful rash. Shingles can affect anyone who has had chickenpox before, including children. It occurs when the same virus that causes chickenpox reactivates in the body. Your risk of shingles increases as you get older. Shingles can cause complications like long-term nerve pain or vision loss. Pregnant people, infants, and people with weak immune systems are very vulnerable to complications. A vaccine that prevents shingles is recommended for adults age 50 and over.

What are the symptoms? Pain, itching, or tingling on the skin followed by a painful rash of blister-like sores. The rash is usually on one side of the body, often on the face or torso. Fever, headache, and upset stomach can also occur.

How is it spread? People develop shingles when the virus that causes chickenpox reactivates in their body after they have already had chickenpox. Someone who has shingles cannot pass shingles to others, but they can pass the virus to someone who has never had chickenpox or never got the chickenpox vaccine. These people can get infected and develop chickenpox if they have contact with the fluid from rash blisters.

When do chickenpox symptoms start after exposure to shingles? It takes about 2 weeks (from 10 to 21 days) after exposure to a person with shingles for someone to develop chickenpox. If chickenpox symptoms develop, follow guidance for chickenpox.

Do staff or children need to stay home if symptoms of shingles develop? No, unless rash cannot be covered by clothing or with a dressing. Your doctor may give you medication to treat shingles.

When can staff or children with shingles go back to work, school, or childcare? If excluded (if rash could not be covered), then the child or staff member can return when the rash has crusted.

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