**Letter template: For school to send to the parents / carers when Chickenpox is circulating in your setting.**

Please amend highlighted sections in this letter

DD/MM/YYYY

Insert name of school or early years setting

Dear Parent / Carer

I am writing to let you know that we are seeing chickenpox circulating in school.

Chickenpox is generally a mild illness. Chickenpox is highly infectious, and symptoms often start with fever, then a runny nose, cough and finally an itchy, spotty rash (anywhere on the body) with blisters that scab over. The scabs typically drop off within 1 to 2 weeks. Some children have only a few spots, but other children can have spots that cover their entire body.

Children with chickenpox should stay away from school until all the spots have formed a scab. This is usually 5 days after the spots appeared.

The NHS recommends not to give ibuprofen to children with chickenpox (unless advised to do so) as it may increase the risk of severe skin infection. Paracetamol can be used to relieve pain and discomfort. Cooling creams and gels are available from pharmacies.

If you are concerned about your child’s symptoms or your child becomes seriously ill, you should contact your GP practice or call NHS 111.

You can find more information at: <https://www.nhs.uk/conditions/chickenpox/>

Thank you for your support.

Yours sincerely

xxxxx