



Ref: HPZ 1029208

School Details: Cheltenham Bournside School and Sixth Form Centre

Date 1<sup>st</sup> July 2021

Dear Parent, Attendee or Staff member,

There have recently been a few suspected cases of Chickenpox in year 10 within the school. We are writing to you as a precautionary measure and to give you information.

Infections can be spread through direct physical contact between children and through shared contact with surfaces such as table tops, taps, toys and handles. Good hygiene practice such as hand washing remains the most important step in preventing and controlling spread of infection.

### **Chicken Pox**

Chickenpox is usually a mild and common childhood illness that most children catch at some point. It causes a rash of red, itchy spots that turn into fluid-filled blisters that crust over to form scabs. To prevent spreading the infection, children should stay away from the nursery, school or playgroups until all spots have crusted over which is usually 5 days. Ibuprofen (Brufen, Nurofen, Calprofen) should NOT be given to children who have Chickenpox.

If you are pregnant and are certain that you have been in contact with chicken pox, then please consult your GP or midwife as soon as possible. If you have had chicken pox in the past, you will be immune and there is nothing you need do.

You can find more information on [NHS choices](#) website and also on page 28 of the '[Spotty book](#)' a PHE document outlining Notes on infectious diseases in Schools and Nurseries.

Yours sincerely,

Public Health England