

Itchy Chicken Pox

Chicken pox is also known as varicella-zoster virus (VZV).

It is very contagious, so an infected child should stay home and rest, symptoms can begin 10-12 days after the contact with the virus.

Symptoms:

Flu-like symptoms; slight cough, fever, a runny nose, headache, fatigue, loss of appetite or a sore throat.

An itchy rash that look like blisters will appear after 24-48 hours and can appear anywhere on the body.



Chickenpox is contagious from about 2 days before the rash appears and until all the blisters are crusted over.

A child with chickenpox should be kept out of school until all blisters have dried, which can usually take about 7-10 days.

Treatment

Cool baths for the first 3-4 days, Oatmeal bath products/baking powder can help to relieve itching.

Calamine lotion on itchy areas can also help.

See a Doctor if you are worried, the Doctor may prescribe an antihistamine for the itch or antibiotics if sores have become infected.

If on immune-suppressant medication you must see your Doctor.

Lots of rest and sleep is important.

Anti-pyretic's can be used for a temperature such as Paracetamol or Ibuprofen.

If you take your child to the Doctor, let the office know in advance that your child might have chickenpox. It's important to avoid exposing other children to the illness.