



Monday 6th March 2023

Dear Parents and Carers,

We have been informed that a number of children who attend John Donne Primary School in Year 3 have confirmed cases of **Chickenpox**.

Early symptoms of chickenpox are:

- a high temperature
- aches and pains, and generally feeling unwell
- loss of appetite
- a rash
- itchy spots on the skin

Chickenpox is very itchy and can make children feel miserable, even if they do not have many spots. It's possible to get chickenpox more than once, but it's unusual.

There are some things you can do to ease the symptoms:

- drink plenty of fluid (try ice lollies if your child is not drinking) to avoid dehydration
- take paracetamol to help with pain and discomfort
- cut your child's fingernails and put socks on their hands at night to stop them scratching
- use cooling creams or gels from a pharmacy
- speak to a pharmacist about using antihistamine medicine to help itching
- bathe in cool water and pat the skin dry (do not rub)
- dress in loose clothes

If your child does catch chickenpox they will need to stay away from school until all the spots have formed a scab. This is usually 5 days after the spots appeared.

For any further information you can go on www.nhs.uk where you can find out all the correct information.

Many thanks for your support,

Jo Rooney
Headteacher