**Date: December 8, 2015**

Dear Parent or Guardian,

This letter is to report that your child may have been exposed to chickenpox (varicella) from an outbreak of chickenpox at Troutdale Elementary.

**What is chickenpox?**

Chicken pox is a contagious disease caused by the varicella-zoster virus. It is spread both through the air (by coughing or sneezing) and by direct contact with mucus, saliva, or fluid from the blisters.

**What are the symptoms?**

* A fever, runny nose and cough.
* The rash begins as small red bumps, and changes into blisters over 3 to 4 days, and then forms scabs.
* The rash is more noticeable on the chest/stomach area but may occur anywhere on the body.

**What actions should I take?**

* Inspect your child daily from now through **December 29, 2015** for bumps, or blisters and monitor their temperature. If you observe any signs or symptoms keep your child home.
* Keep your child home from school until **all** the rash is completely crusted over (usually 5-7 days).
* Don’t use aspirin products.
* Consult with your health care provider for problems with itching and pain.
* Consult with your doctor if you are pregnant.

**Seek medical care if your child:**

* Has a severe cough or trouble breathing
* Has an area of the rash that seems to be infected
* Is unusually drowsy or confused
* Seems very weak or ill
* Is unable to keep fluids down

**Chickenpox may be prevented through vaccinations.**

* Two doses of varicella vaccineare recommended for all children over 12 months of age.
* Children vaccinated with one dose can still develop chickenpox.
* Vaccination given within 3-5 days after exposure may help prevent or lessen the disease.
* Consult with your health care provider if your child has only had one dose of varicella vaccine.

If you have questions, concerns or need assistance, please call your school nurse or the nurse consultant at 503-257-1732 or Multnomah County Health Department at 503-988-3406.