

Headteacher: Catherine Whitehead  
Deputy Headteacher: Claire Varetto  
Valley Road  
Heaton Mersey  
Stockport SK4 2BZ

Phone/Fax: 0161 442 7535  
headteacher@merseyvale.stockport.sch.uk  
www.merseyvale.stockport.sch.uk



Dear Parents/Carers,

Unfortunately there has been a number of reported occurrences of Chickenpox in school. According to NHS guidelines, Chickenpox is common and mostly affects children, but you can get it at any age. It usually gets better by itself after 1 to 2 weeks without needing to see a GP. An itchy, spotty rash is the main symptom of chickenpox and it can be anywhere on the body. Chickenpox happens in 3 stages. But new spots can appear while others are becoming blisters or forming a scab.

**Stage 1: small spots appear** - The spots can be anywhere on the body, including inside the mouth and they can spread or stay in a small areas. The spots can be red, pink, darker or the same colour as surrounding skin, depending on your skin tone

**Stage 2: the spots become blisters** - The spots fill with fluid and become blisters. The blisters are very itchy and may burst.

**Stage 3: the blisters become scabs** - The spots form a scab. Some scabs are flaky while others leak fluid.

Before or after the rash appears, you might also get a high temperature, aches and pains, and generally feel unwell and have a loss of appetite.

Chickenpox is very itchy and can make children feel miserable, even if they do not have many spots. The Chickenpox spots look the same on children and adults. But adults usually have a high temperature for longer and more spots than children. It's possible to get Chickenpox more than once, but it's unusual.

### How to treat Chickenpox at home:

**You'll need to stay away from school or nursery until Stage 3 when all the spots have formed a scab. This is usually 5 days after the spots appeared.** The following link to the NHS website provides information about how to treat Chickenpox and when to seek medical advice <https://www.nhs.uk/conditions/chickenpox/>. It is still important to get medical help from a GP if you are worried or need it. If you have any worries or concerns, please do not hesitate to contact me.

Yours sincerely,

Ms Catherine Whitehead  
Headteacher

