

**POMONA UNIFIED SCHOOL DISTRICT  
HEALTH SERVICES & PROGRAMS**

**PARENTS!**

**Notice of Exposure to Illness**

**Chicken Pox**

**Date:** \_\_\_\_\_

**Symptoms:** Generalized fatigue (feels tired), fever, raised red rash (like insect bites) that forms blisters, then scabs.  
Rash usually starts on trunk.

**Incubation Period:** 14—21 days

**How Transmitted:** Direct contact with secretions from infected person by sneezing, soiled tissues, eating and drinking utensils.  
Very contagious.

**Treatment and Precautions:** May want to consult your doctor. Bed rest. Encourage fluids.  
Avoid aspirin or medications containing aspirin.

Pregnant women and immunocompromised persons who were around a child with chickenpox are at a greater risk of having complications and should notify their physician immediately of the exposure.

**Return to School:** No sooner than all chicken pox are dried.  
This will be at least 6 days.

**Please NOTE:** The varicella vaccine is effective in preventing illness or reducing the severity of illness if given within 3 days, and possibly up to 5 days, of exposure.

**Please call your child's school if your child will be absent due to above symptoms (or any other illness)**

SECTION 6