

Chickenpox

Follow-up Advice	<ul style="list-style-type: none">• Sudden high grade pyrexia (often after initial improvement), erythema and tenderness surrounding the original chickenpox lesions is indicative of bacterial infection as requires urgent referral• Dehydration — encourage and monitor fluid intake and seek medical attention if signs of dehydration develop
Counselling Points	<ul style="list-style-type: none">• Advise the following simple measures to help alleviate symptoms:<ul style="list-style-type: none">- Encourage adequate fluid intake to avoid dehydration.- Dress appropriately to avoid overheating or shivering.- Wear smooth, cotton fabrics.- Keep nails short to minimize damage from scratching.• Advise that the most infectious period is 1–2 days before the rash appears, but infectivity continues until all the lesions have crusted over (commonly about 5–6 days after the onset of illness). During this time, advise a person with chickenpox to avoid contact with:<ul style="list-style-type: none">- People who are immunocompromised (for example those receiving cancer treatment or high doses of oral steroids, or those with conditions that reduce immunity).- Pregnant women.- Infants aged 4 weeks or less.• Children with chickenpox should be kept away from school or nursery for 5 days from the onset of the rash.