



Cajon Valley Union School District
750 E. Main St., Box 1007, El Cajon, CA 92022-1007

CHICKENPOX INFORMATION

TO PARENTS OR GUARDIANS:

Your child may have been exposed to the disease below. You may want to consult your health care provider if any of the symptoms listed below appear. Everyone is better protected when a child with a communicable disease is kept at home until medically treated.

CHICKENPOX (VARICELLA)

A viral illness causing small water blisters on the scalp, neck and covered parts of the body are usually the first sign. The blisters break easily. A child may become irritable, tire easily and have a fever during the first few days of the illness. A sick child should be kept at home for seven days from the appearance of the first crop of blisters. Primarily spread by airborne droplet. During an outbreak of chickenpox, varicella vaccine can be given to unvaccinated or otherwise susceptible persons to either prevent or minimize the illness. Contact your child's health care provider for further information. The incubation* period for chickenpox is 14 to 21 days.

If your child has not been immunized against varicella (chickenpox), and has not had the chickenpox disease, you may use this as an opportunity to have your child immunized, hopefully minimizing or preventing this illness. The Advisory Committee on Immunization Practices and the American Academy of Pediatrics recommend one dose of the vaccine for children 12 years of age and younger; for persons 13 years of age and older, the varicella immunization is given as a two-dose series. Please consult your child's health care provider. Immunizations are also available at the:

East County Public Health Center
855 East Madison, El Cajon, CA 92020
Phone: (619) 441-6500

Mon. thru Wed. and Fri. 8 AM - 11 AM and 1 PM - 4 PM, Thurs. 1 PM - 4 PM
(Cost: \$10.00 per child)