

Chicken pox

Children should be immunised to stop them getting chicken pox. Talk to your doctor or public health nurse about immunisation.

A child may have a fever and a headache. Spots will appear with a blister on top of each spot. Blisters pop and get a scab or crust. The blisters are usually on the stomach, back and face, and then spread to other parts of the body. Blisters can also be inside the mouth and on the head.



What to do

- Make sure your child drinks lots of fluid. Water is best.
- Try and stop your child from scratching their skin. You could use calamine lotion or a cool bath to help the chicken pox become less itchy.
- Keep your child's nails short and clean.
- Check other children for chicken pox.

How is chicken pox spread?

Coughing and sneezing.
Contact with fluid from blisters.

Time off from kura or school

One week after the rash starts, or check with your doctor or public health nurse.

What to do if the chicken pox gets worse

Go to the doctor if any of these things happen:

- spots get redder, warm or painful
- your child gets a fever, cough, diarrhoea (you say, dy-a-ree-a) or starts vomiting. These things can cause dehydration (where your child is getting rid of more fluid than they have from drinking water).

Your child may need blood tests and antibiotics.



It is important for your child to take the antibiotics every day until they are finished, even if the chicken pox seems to have cleared up. The antibiotics need to keep killing the infection in the body after the skin has healed.