



CHICKENPOX

Chickenpox is an acute infectious disease caused by the varicella-zoster virus. This is a disease that spreads quickly through **respiratory secretions** (when coughing or talking) or **fluid from blisters** (from direct contact or touching recently contaminated objects with the fluid).

! Symptoms

Usually has a sudden onset 10-14 days after exposure and includes the following symptoms:

- Blisters on the head, extremities and trunk: blisters appear very quickly and can spread all over the body within 12-24 hours.
- Young children are often accompanied by mild fever or anorexia. Adults or older children are often accompanied by high fever, headache, muscle pain or vomiting.
- The symptoms will last from 7 to 10 days if there are no complications, then the blisters will gradually dry, scab and darken the skin where they appear, leaving no scars (in the case of getting infected with germs, it can leave scars).

**Even during the incubation period, before the rash appears, it is possible to infect others. The disease is most contagious 4 days before and 4 days after fever, so it is necessary to isolate the patients to prevent spreading.*

🛡️ Prevention



Vaccination is the most effective way to prevent chickenpox, with long-term effectiveness.



Do not share utensils with patients.



Minimize contact with infected people. In case of having contact, wearing a mask is compulsory.



Isolate the patients for 7-10 days.



Caregivers need to keep good personal hygiene, use nose and eye drop with 0.9% physiological saline every day.