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THINGS PARENTS & GUARDIANS SHOULD KNOW ABOUT CHICKENPOX

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Chickenpox is not a childhood rite of passage

Chickenpox is a common infectious disease that leaves your child feeling very itchy and miserable.¹ While it's usually mild, for some, it can lead to serious complications such as skin and lung infections.^{1,2}

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Spot the signs

Chickenpox is an itchy blister-like rash which usually lasts about 4-7 days.³ The infection is spread in the fluid found in the blisters and from close contact with someone with chickenpox.¹ The illness usually starts with one to two days of fever, aches and pains and feeling out of sorts.^{1,2} That means no, school, preschool or childcare until the spots have crusted over, so they may need five days at home.¹



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Don't pass it on

Because chickenpox is highly contagious, you should try to prevent spreading it by staying home and avoiding contact with others, particularly those at higher risk of complications, such as pregnant women, newborn babies and people with weakened immune systems.¹

References

- 1 HSE. Chickenpox - <https://www2.hse.ie/conditions/chickenpox/> (Accessed March 2025)
- 2 NIAC Guidelines, Chapter 23 - https://rcpi.access.preservica.com/uncategorized/10_b07eb36b-663e-4ba1-a310-8104d8fda480/ (Accessed March 2025)
- 3 CDC. Chickenpox Symptoms and Complications - <https://www.cdc.gov/chickenpox/signs-symptoms/index.html> (Accessed March 2025)

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Treating and Preventing Chickenpox

There is no cure for chickenpox and the virus usually clears up by itself without any treatment.¹ Your pharmacist can advise about medicines that may help relieve itching or reduce pain and discomfort.

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When to contact your GP

Contact your GP, Practice Nurse or Pharmacist if:¹

- You're exposed to chickenpox while pregnant and have a weakened immune system.
- Your child gets chickenpox when they're less than 1 month old.
- You get chickenpox as an adult. Adults have a higher risk of developing complications.
- Your child is having trouble walking, very weak, and drowsy or hard to wake.
- You see signs of complications.

