



SANTIAGO CHRISTIAN SCHOOL

Autopista Duarte Km. 5 ½
Sabaneta, Las Palomas
Santiago De Los Caballeros
República Dominicana

Tele: (809) 570-6140
Fax: (809) 570-6145
www.scs.edu.do

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Dear Parents,

This letter is to inform you that we have had several confirmed cases of chicken pox in the past few days. Your child may have been exposed to the disease, and could develop symptoms in the next 2-3 weeks, if they have not already had them. Chicken pox is a very contagious mild disease caused by the herpes zoster virus. It is spread from person to person by airborne droplets or contact with a skin eruptions on an infected person.

Some signs and symptoms to look for are:

- fever
- abdominal pain or general ill feeling that lasts 1-2 days
- skin eruptions (blisters) that appear almost anywhere on the body including the scalp, inside the mouth, nose or throat. blisters collapse within 24 hours and form scabs. new crops of blisters erupt every 3-4 days
- adults have additional symptoms which resemble influenza

A child is contagious until all blisters have crusted over. Children usually recover in 7-10 days. After recovery a person has life long immunity against a recurrence of chicken pox.

General Measures:

- keep child away from other children while contagious
- cool water compresses help reduce itching
- keep the child as quiet and cool as possible. heat and sweat trigger itching
- keep finger nails short to discourage scratching, which can lead to secondary infection
- you may use topical anesthetics and topical antihistamines to help decrease itching. lotions that contain phenol, menthol, and camphor (such as Calamine lotion) are good
- if you must reduce fever use acetaminophen. NEVER use aspirin in children under the age of 18 as it may contribute to the development of Reye's Syndrome (a form of encephalitis) when given to children during a viral illness

You should call your doctor if:

- your child has symptoms of chicken pox
- lethargy, headache, or sensitivity to bright light develops
- fever rises over 103 degrees Fahrenheit (39.4 degrees Celsius)
- chicken pox lesions contain pus or otherwise appear infected
- a cough develops during a chicken pox infection

This is a very common childhood disease, and this letter is meant to provide helpful information to assist you in caring for your child should he or she develop chicken pox. I ask that if your child does develop symptoms of chicken pox that he or she be kept at home until they are no longer contagious. Please call the school to inform his or her teacher of their absence and arrangements can be made for someone to pick up their assignments. Thank you for your cooperation. If there is anything that I can assist you with please feel free to contact me at the school at 570-6140 ext. 242 or 266.

Queridos Padres,

Esta carta es para informarles que se han confirmado varios casos de varicela en los últimos días. Su hijo/hija puede haber sido expuesto a ésta enfermedad, y pudiera presentar síntomas en las próximas 2-3 semanas, si ya no la han tenido antes. La varicela es muy contagiosa provocado por un virus. Es transmitida de persona a persona por el aire o por contacto a la piel del infectado.

Algunos síntomas:

- Fiebre
- Dolor abdominal, o un malestar general durante 1-2 días
- Erupciones en la piel (ampollas) que aparecen en todos lados del cuerpo incluyendo la cabeza, dentro de la boca, nariz, garganta.
- Síntomas en adultos son similares a lo de influenza.

Su hijo/a es contagioso hasta que las ampollas se hayan secado. Los niños regularmente se recuperan dentro de 7-10 días. Después de recuperarse la persona tiene inmunidad a la varicela.

Precauciones:

- Mantener su hijo/a alejado de otros estudiantes contagiados,
 - Pañitos de agua fría para reducir la comezón
 - Mantenerlo tranquilo, y relajado
 - Las uñas deben mantenerse cortadas para prevenir infección
 - Puede usar anestésicos y antihistamínicos tópicos para disminuir comezón, crema con phenol, mentol, y/o alcanfor (crema Calamine) son buenas.
- Si necesita reducir la fiebre use acetaminophen. NO USE ASPIRINA esto contribuye al síndrome de Reyes (una forma de encefalitis) dado cuando se le da a los niños durante una enfermedad viral.

Debe llamar al doctor cuando:

- Si su hijo/a presenta síntomas de varicela
- Dolor de cabeza, sensibilidad a la luz
- Fiebre por encima de 103 grados F (39.4 grados C)
- Lesiones de varicela que contienen pus y/o parecen infectadas.
- Tos es adquirida durante ésta enfermedad.

Ésta enfermedad es muy común durante la infancia, ésta circular es para proveer información útil para asistir a su hijo/a. Les pido que si su hijo/a presenta estos síntomas debería de mantenerse en casa hasta su cura. Favor de comunicarse con el colegio para informar la ausencia de su hijo/a. Gracias por su cooperación. Cualquier pregunta no dudes en llamar.

Atentamente,
Licda. Linda J Gabino
Coordinadora de la oficina de la Salud
Santiago Christian School