

Chickenpox

Chickenpox is a very contagious disease caused by the varicella-zoster virus (VZV). It causes a blister-like rash, itching, tiredness, and fever. The rash appears first on the stomach, back and face and can spread over the entire body. Chickenpox can be serious, especially in babies, adults, and people with weakened immune systems.

Signs and Symptoms

The classic symptom of chickenpox is a rash that turns into itchy, fluid-filled blisters that eventually turn into scabs. The rash may first show up on the face, chest, and back then spread to the rest of the body, including inside the mouth, eyelids, or genital area. It usually takes about one week for all the blisters to become scabs.

Other typical symptoms that may begin to appear 1-2 days before rash include:

- fever
- tiredness
- loss of appetite
- headache

Incubation period

Symptoms typically appear about 14 days (10-21 days) after infection.

How Chickenpox Spreads

VZV spreads mainly by touching or breathing in the virus particles that come from chickenpox blisters, and possibly through tiny droplets from infected people that get into the air after they breathe or talk, for example.

(From "Chickenpox (Varicella)," Centers for Disease Control and Prevention, <https://www.cdc.gov/chickenpox/index.html>)

Prevention

The most important step to prevent chickenpox is to check your antibody level, and get a chickenpox vaccination if the antibody is negative. It is quite important especially for students and staff of School of Medicine or Education, and University Hospital staff.

If You Get Chickenpox

Please avoid coming University to attend classes or to work for. Contact your department office and Health Service Center.

- **Standard Period of Suspension of Attendance**

Until all rashes scab over (Enforcement Regulations for the School Health and Safety Act)

- **For University Hospital staff (including students under clinical training)**

First of all, contact Department of Infection Control, University Hospital (Tel:082-257-5372), and follow the order.

Please contact us if you have a question.

Health Service Center (email: health@hiroshima-u.ac.jp)