

# Varicella (Chickenpox)

## What is Varicella?

Varicella, otherwise known as Chickenpox, is a common viral illness that usually affects children under 15 years of age. It can also infect individuals of any age. This viral disease results in blister-like rash, itching, fever, and fatigue.

## What are the signs and symptoms?

- Rash that shows up on the chest, back, and face, and then spreads over the entire body.
- Fluid-filled blisters
- Fever
- Tiredness
- Loss of appetite
- Headache

## How does it spread?

This highly contagious virus is typically spread in the following ways:

- Direct contact with infected person
- Through the air when an infected person sneezes or coughs
- Touching contaminated items from an infected person that has their fluids from their blisters, nose, or mouth.

Infected persons are contagious 1 to 2 days before rash forms and remain contagious for 5 subsequent days. Once sores have crusted over and no new sores are present, they are no longer contagious.

## How is it treated?

- Calamine lotion, oatmeal baths, and Antihistamines can be used to relieve itching.
- It is important to trim nails down to prevent opening of blisters when scratching.
- Drink plenty of fluids and rest.

## Prevention:

The varicella vaccine can prevent this disease. Two doses of the vaccine are recommended for children, adolescents, and adults. It is recommended that individuals get vaccinated against this disease at 12 months or older.

## For more information:

Visit the CDC here: [Varicella - CDC Resource](#)



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