

ORANGE PARK PEDIATRICS

CHICKENPOX INFORMATION

SIGNS AND SYMPTOMS

1. Child may have a fever for up to two days before the rash develops, but frequently has no fever.
2. Rash usually begins on the chest, abdomen or back and spreads from there. A new crop of lesions appears every 8-12 hours for about 3 days.
3. Rash will start as small red bumps which develop clear blisters in their center about 24 hours after they appear. These blisters eventually dry up and form scabs which heal in about a week.

The contagious period for chickenpox is from 48 hours before the rash appears until all the lesions have dried up and scabbed over. (This is about 7-10 days). If your child is in school, he will not be re-admitted until all the pox have scabbed over.

Incubation period (time of contact until time your child breaks out) is 14-21 days from exposure. Occasionally, children break out as early as 10 days after exposure.

TREATMENT:

1. You may place your child in a baking soda bath (just enough baking soda to make the water begin to get cloudy) three to four times a day. Leave him in for about 10 minutes and pat him dry. Colloidal oatmeal also works well. This can be purchased from the drug store.
2. Calamine or Caladryl can be applied to the lesions to dry them up and cut down on the itching.
3. Tylenol should be given for the fever. **AVOID ASPIRIN AND PEPTO BISMOL.**
4. Cut fingernails short and have smaller children wear long sleeves to avoid scratching.
5. If itching is severe, use an oral antihistamine. Benadryl liquid 1/2 tsp for every 20 lbs body weight, every 4-6 hours

If you have further questions please call our phone advice nurse - 269-2140 and press option 2.