Stop the Spread of Chickenpox (Varicella)

Chickenpox is a disease that spreads easily from person to person. It is caused by the varicella-zoster virus. The virus spreads mainly through close contact with someone who has chickenpox. A person is no longer contagious after all blisters have scabbed over and no new blisters have formed. Up to **90%** of people who come in contact with someone who has chickenpox will get it if they are not immune.

1

DON'T SCRATCH
Chickenpox can be very itchy. It can spread to others when the bumps or blisters are scratched.
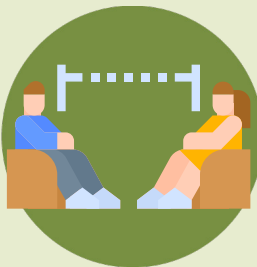
2

WASH YOUR HANDS
Wash your hands often with soap and water for 20 seconds (singing Happy Birthday song twice).

3

KEEP YOUR DISTANCE
Stay away from others if you have chickenpox. Do not go to work or school.

4

GET THE VACCINE
The best way to prevent getting chickenpox is to get the chickenpox vaccine. Make sure your child is up-to-date on their vaccines.