

Chickenpox (Varicella)



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What is chickenpox (varicella)?

Chickenpox is caused by a virus. It causes a rash that turns into blisters. It can also lead to serious health issues and hospitalization in some people.

How does chickenpox spread?

Chickenpox spreads easily from person to person. It spreads by being in close contact with someone who has chickenpox. A person can spread chickenpox to 1 to 2 days before the rash begins and until all blisters have scabbed. People who have not been vaccinated are at risk for getting it.

What are the symptoms of chickenpox?

The most common symptom is an itchy rash that turns into blisters. Chickenpox lasts about 1 week. Other symptoms include:

- Fever
- Tiredness
- Loss of appetite
- Headache

Keep those spots at bay. Get vaccinated today!

How can you prevent chickenpox?

The Centers for Disease Control and Prevention (CDC) recommends two doses of chickenpox vaccine for children, adolescents, and adults who have never had chickenpox and were never vaccinated.

In children, give:

- First dose at 12-15 months, and
- Second dose at 4 to 6 years old.



My child has been exposed to chickenpox. What should I do?

It can take up to 2 weeks to see signs of chickenpox after being exposed. Talk to your child's doctor to discuss symptoms and treatments. If your child does not have a doctor, call 211 for assistance.



CONNECT WITH A COUNTY OF SAN DIEGO PUBLIC HEALTH NURSE
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