



Shingles

Your child may have been exposed to this disease

If your child has symptoms, please contact your child's healthcare provider.

If my child has this disease, when can he or she return to school or child care?

Keep your child home from childcare and school if blisters cannot be covered by clothing or bandage. Stay home until the blisters have crusted

Shingles is:

- Shingles (zoster) is caused by the varicella-zoster virus that remains in the body after a person has chickenpox (varicella)..
- The rash and pain usually disappear in 3 to 5 weeks and blisters will dry and scab over
- If blisters can be covered with clothing or a bandage, you child may go to childcare or school

Symptoms: Your child may have a lot of pain and itching. Numbness is common around the trunk or on the face. A red rash appears about 1 to 3 days later. Next, clusters of blisters appear, usually on one side of the body. The blisters crust over within a few days.

How is shingles spread?

- Shingles does not spread from person-to-person as shingles. If someone, who is not vaccinated or has never had chickenpox in the past, touches the fluid from the shingles blisters they may get chickenpox
- Touching items that have been touched by fluid from blisters, the nose, or eyes.
- Contagious Period: Until blisters have crusted

What can I do now?

Call your health care provider if anyone in your home has:

- Any symptoms; Treatment may be available.
- Was exposed to shingles and they have not had chickenpox disease or vaccine in the past. This is especially important for those who are pregnant or immune compromised
- Your child may need help with handwashing.
- Clean and disinfect any objects or surfaces that come in contact with fluid from the blisters or sores. Use a product that kills germs.
- Cover blisters with clothing or bandages
- Wash hands after touching anything that could be contaminated with fluid from the blisters or sores.