

Ask your doctor about the chicken pox vaccine, which protects 85 to 90 per cent of individuals when given the advised number of shots.

CU Healthy

**HCS** wants to CU Healthy! The Health Promotion Team at HCS tries to achieve this through our:

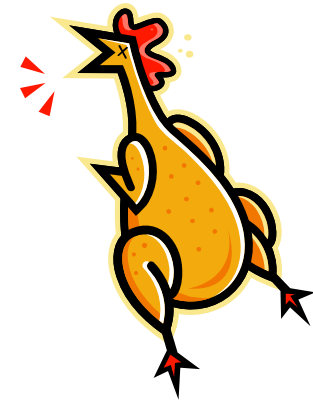
- Resource Centre
- Student Peer Interns
- Health Promotion Advisory Committee
- Website ([carleton.ca/health](http://carleton.ca/health))
- Facebook page
- Newsletters, class presentations, workshops and more . . .

The Health Promotion Team promotes healthy lifestyles and wellness and can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at 613-520-2600 ext. 6544 or [cu\\_healthy@carleton.ca](mailto:cu_healthy@carleton.ca).




2600 CTTC Building  
613-520-6674  
[carleton.ca/health](http://carleton.ca/health)

# Chicken Pox



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## What is chicken pox (varicella) ?

Chicken pox is an acute viral illness occurring mostly in children and young adults. The onset is sudden, there may be flu-like symptoms, and there will be skin eruptions or lesions. The lesions may appear initially on the scalp, face, and trunk. New lesions will erupt for 7 days and may involve the mucous membranes.

## How did I get this?

Chicken pox is transmitted to a susceptible person by direct contact with another person who has chicken pox, or by airborne secretions from the respiratory tract of infected persons.



## Can I give it to someone else?

Chicken pox is extremely communicable, even for a day or two before skin lesions are noticed. Contagiousness may be for as long as 5-7 days after the onset of any new lesions.

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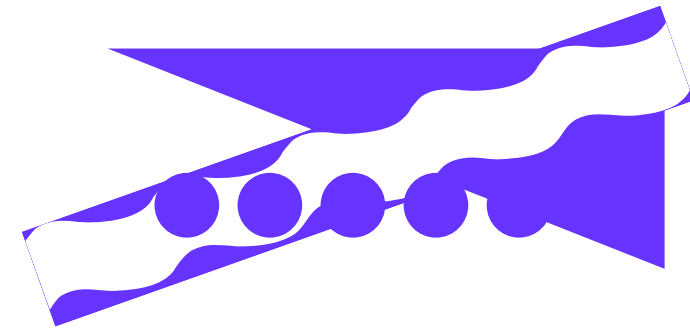
## What is the incubation period?

It is usually 14-16 days after contact, but may be as early as 11 days or as late as 20 days.

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## What is the treatment?

Treatment is usually symptomatic: Calamine lotion or baking soda baths for the itch. Antihistamines may also relieve the itch. Tylenol (not Aspirin) may be helpful for the flu-like symptoms. A physician may suggest oral medication in the case of very severe infection, or infection in an immunocompromised individual.



## When can I go back to school/work?

Chicken pox should be considered contagious until no new lesions have appeared for 24-48 hours, and there is crusting over old lesions.

For information about the chicken pox vaccine, ask your doctor or nurse at the time of your visit. Call Health and Counselling Services at 613-520-6674 for an appointment.