



Equity, Excellence, Evolution

*The Five Islands Academy is an all-age, multi-site, Church of England Academy,
serving the island communities of Bryher, St Agnes, St Martin's, St Mary's and Treasco.
It is part of the Leading Edge Academies Partnership.*

Wednesday 8 October 2025

Notification of Chickenpox

Dear Parents,

There has been a case of Chickenpox reported in school. For more information, please visit:
<https://www.nhs.uk/conditions/chickenpox/>

Chickenpox is common and mostly affects children, but you can get it at any age. It usually gets better by itself after 1 to 2 weeks without needing to see a GP.

What are the symptoms?

An itchy, spotty rash is the main symptom of chickenpox. It can be anywhere on the body. Chickenpox happens in three stages but new spots can appear while others are forming blisters or scabbing over.

- Stage 1: small spots appear.
- Stage 2: spots become blisters.
- Stage 3: blisters become scabs.

Before or after a rash appears, your child might also have:

- High temperature.
- Aches and pains, generally feeling unwell.
- Loss of appetite.

Chickenpox is very itchy and can make children feel miserable, even if they do not have many spots. It is possible to get chicken pox more than once but it is unusual.

All aboard! Navigating together

www.fiveislands.scilly.sch.uk

What is the treatment for Chickenpox?

Your child will need to stay away from school until **all the spots have formed a scab**. This is usually five days after the spots appeared.

- drink plenty of fluid (try ice lollies if your child is not drinking) to avoid dehydration
- take [paracetamol](#) to help with pain and discomfort
- cut your child's fingernails and put socks on their hands at night to stop them scratching
- use cooling creams or gels from a pharmacy
- speak to a pharmacist about using [antihistamine medicine](#) to help itching
- bathe in cool water and pat the skin dry (do not rub)
- Dress in loose clothing.
- **do not** use [ibuprofen](#) unless advised to do so by a doctor, as it may cause serious skin infections
- **do not** give aspirin to children under 16
- **do not** go near newborn babies, people who are pregnant and people with a weakened immune system, as chickenpox can be dangerous for them
- **do not** scratch the spots, as scratching can cause scarring.

Is it infectious?

Chickenpox is highly infectious. You can catch chickenpox by being in the same room as someone with it. It's also spread by touching things that have fluid from the blisters on them.

You can spread chickenpox to other people from two days before your spots appear until they have all formed scabs (Stage 3). The spots will start appearing between one to three weeks after you have caught chickenpox.

Please speak to your GP if you are concerned about your child or unsure if it is chickenpox. Be sure to mention to the GP receptionist that you think it's chickenpox before you go to your appointment.

Chickenpox in pregnancy?

Most people get chickenpox during childhood, so it's rare to get chickenpox when you're pregnant. If you do get chickenpox when you're pregnant, there's a small risk of your baby being very ill when it's born.

Go to [111.nhs.uk](https://www.nhs.uk) or call 111 if you have not had chickenpox before and you've been near someone with it.

Yours faithfully

Five Islands Academy Leadership Team