

Know chickenpox

I. Introduction to chickenpox

Chickenpox is a highly contagious disease caused by the herpes zoster virus.

II. Mode of infection

- Direct skin contact
- Contact with blisters in patients with shingles
- Droplets
- Air infection

III. Incubation period

2-3 week (13-17 days)

IV. Infectious period

Chickenpox is highly contagious from **5 days before the rash** to **5 days after the first batch of blisters appear**.

V. Early symptoms (1-2 days before the red rash appears.)

- Mild fever (27.5-39° C)
- Tiredness
- Loss of appetite
- Headache
- Muscle or joint soreness

VI. Middle to late symptom

Red rash appears on the skin, gradually develops into red papules, blister rash, sepsis rash and then knotted, from the face, scalp to the torso limbs extend, the systemic rash gradually quickly appears and then becomes blisters, and finally leaves a granular skin (usually about two to four weeks to heal), **need to be all body blisters are knotted to be non-contagious**.



VII. How to prevent and avoid chickenpox infection?

1. Chickenpox patients: **If you are sick, do not attend class. If you feeling unwell, seek medical treatment as soon as possible. You should take time off to isolate and rest at home.** Suspend all extracurricular learning activities (e.g. clubs, cram school, group activities, etc.) Avoid access to densely populated institutions **until all blisters are knotted! Only after the doctor confirms that non-infectious**, you can return to school. Please reduce going out during the infectious period. If necessary to go out, please wear face masks, gloves and long-sleeved clothes.
2. Chickenpox patients should avoid exposure to high-risk groups: **Pregnant women, infants and those with weakened immune function**.
3. Cultivate good living habits: Maintain personal and environmental hygiene, wash hands frequently, and live a regular life.
4. Contact monitoring: **Should closely self-monitor health status for 21 days**. If relevant symptoms occur, should immediately wear a face mask, long sleeves and gloves, go to the doctor. Please tell the doctor if you have a history of chickenpox exposure.

5. Environment and cleanliness: **Keep the indoor environment ventilated**, avoid being in a confined space for a long time, use 500ppm bleach (1C.C. bleach: 100C.C. water) or 75% alcohol to clean, such as: tables, chairs, door handles, etc. .

VIII. Get the chickenpox vaccine

At present, the most effective way to prevent chickenpox is to get the chickenpox vaccine (at your own expense).

1. Those without chickenpox antibodies can be vaccinated against chickenpox **within 72 hours** of exposure, and 70% protection is still available **within 5 days** at the latest to reduce the severity of the disease.
2. One dose of chickenpox vaccine has a protection of about 86%. **Those unvaccinated and who have not obtained chickenpox, should be vaccinated two doses**, two doses **interval between four to eight weeks**. Adults can produce antibodies for 95% after two doses.
3. Adults are **still partially infected with chickenpox after vaccination**, but the symptoms after infection are more reduced.
4. The protective power of the vaccine will continue to decline with age, **and cannot last a lifetime. After the validity period, you can consider re-vaccination.**
5. People who have been infected with chickenpox do not need to be vaccinated against chickenpox.

IX. Treatment

1. There are antiviral drugs available to effectively treat chickenpox (e.g. acyclovir, famciclovir or valacyclovir), please seek medical attention immediately
2. Please notify the Health Center if you have confirmed chickenpox or suspected symptoms.
3. **Suspected symptoms→ wearing masks, long-sleeved pants→ seek medical attention as soon as possible.**

You Can Still Get “Chickenpox” as Adult

Do you have misconceptions about chickenpox?

Q1

People with chickenpox will not spread the disease as long as they do not touch others?

Chickenpox is transmitted through **aerosol, air or direct contact.**

An infected individual remains infectious **from 5 days before the blister rash appears until the blisters have crusted over.**

Q2

Once you have had the vaccine, you are immune from it for life?

The immunity offered by the vaccine **does not last a lifetime.**

The vaccine immunity **wanes as you age.**



Children aged between 4 and 6 years are recommended to receive the second dose of chickenpox vaccine at own expense.



TAIWAN CDC



www.cdc.gov.tw



Follow Us on
Facebook
www.facebook.com/TWCDC

Communicable Disease Reporting and Consultation Hotline : 1922



CHICKEN POX INFOGRAPHICS



Vaccine



Rash

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam,

SYMPTOMS



Cough

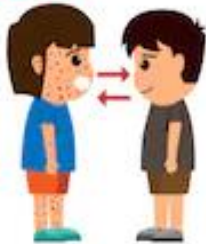


Headache



Fever

RISK



Airborne Infection

TREATMENT



Separation of Patients



See a Doctor

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam,

www.shutterstock.com · 1043775316

Maintain proper indoor ventilation



Wash hands with soap

- Before eating
- After going to the toilet
- Before and after seeing a doctor



Maintain good hygiene and good habit, work happily and live healthily

Fulfill respiratory tract hygiene

- Cover mouth and nose when cough or sneeze



Stay home when you are sick



英文
衛生福利部疾病管制署 廣告
TAIWAN CDC

NTUST Health Center