

Varicella (Chickenpox)

What Is Varicella?

Varicella is commonly known as Chickenpox. It is a highly contagious disease that is caused by the varicella-zoster virus. It can cause an itchy blister-like rash. The rash appears first on the chest, back, and face, and then spreads over the entire body.

How Varicella spreads?

Varicella spreads through close contact with someone who has Varicella or Shingles. A person with Varicella can spread it 1 to 2 days before you can see a lesion (pox). They can spread the disease to other people until the lesions have scabbed. If you have had the vaccination and get Varicella, you may have lesions that do not scab. In that case, you can spread the disease to others until no new lesions appear for 24 hours.

What are the signs of Varicella?

- Itchy Rash
- Fever
- Tiredness
- Loss of Appetite
- Headache



How to prevent Varicella?

The best way to prevent Varicella is to get the vaccine (shot). Everyone should get two doses if they are not vaccinated and have never had Varicella. The vaccine can protect you and other people in the community from getting the disease. Some people who get vaccinated may still get Varicella, but it is milder, with fewer lesions and they may not run a fever.