



## CLEARPOINT ELEMENTARY IB WORLD SCHOOL

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Monday, December 10, 2018

To All Parents and Guardians:

This is to inform you that a possible case of Chicken Pox (Varicella) has been reported at Clearpoint. This is not cause for alarm, and most individuals have resistance to the virus from having been vaccinated. Although this is one case in one class, we are still taking the step to advise you that there is a possibility that your child may have come into contact with the virus. Symptoms of this infection are fever, an itchy rash that often first appears on the arms and legs, and little red spots containing fluid in the centre.

Although normally not a serious infection, chicken pox is very contagious. According to norms established by the Department of Public Health, as a precautionary measure all parents are informed once a case has been reported within a given school population.

Please review the information sheet from the CSSS that accompanies this letter, and consult your family doctor, the local CSSS at (514) 697-4110 or Info Santé (811) should you have any questions or concerns. You can also obtain information about vaccinations for chicken pox by calling the local CSSS again, at (514) 697-4110. Cristina Morar our CSSS school nurse is also available to answer questions you may have about this matter. You can reach her at (514) 697-4110 ext. 1308 or by email at: [Cristina.simona.cuibus-morar.comlt@ssss.gouv.qc.ca](mailto:Cristina.simona.cuibus-morar.comlt@ssss.gouv.qc.ca)

This information has been provided by the Régie Régioinale de la Santé et des Services Sociaux for la ville de Montréal.

Sincerely,

David Estok,  
Principal



Information for parents  
**CHICKENPOX**

Your child may have been in contact with someone at school who has varicella (chicken pox).

**WHAT IS IT?**

- It is a very contagious disease caused by a virus;
- It usually does not cause complications for children in good health;
- It lasts from 7 to 10 days.

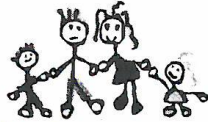
**WHAT ARE THE SYMPTOMS?**

- Fever;
- Little red spots (rash) containing fluid in the centre;
- The rash first appears on the body then on the arms and legs;
- The rash is itchy;
- After a few days, the spots dry up and form crusts.



**HOW DOES CHICKENPOX SPREAD?**

- From person to person, just like a cold;
- Through contact with fluid from the spots;
- It is very contagious 1 or 2 days **BEFORE** the rash appears and until all the spots have formed crusts.



**HOW IS IT TREATED?**

**IF FEVER::**

- give acetaminophen (Tempra, Tylenol, Atasol, etc.) according to child's weight (talk to the pharmacist);
- **DO NOT** give acetylsalicylic acid (Aspirin).



**IF ITCHING:**

- give your child a warm bath to which you have added baking soda.

**RECOMMENDATIONS**

**Note:** A chickenpox vaccine is available. In Quebec, it has been included in a free vaccination programme. The vaccine can be given to children aged one year and over. If it is given within a few days of exposure, it can prevent the disease.

**If your child gets chickenpox:**

- ▶ You can let him or her stay around brothers and sisters. The child can keep going to school if his or her health permits.

**However, see your doctor or go to your CLSC as soon as possible, and bring this letter with you if :**

- ▶ Your child has a disease that weakens the immune system.
- ▶ Your child regularly takes cortisone in liquid or pill form.
- ▶ You are pregnant and have never had varicella, and you have been in contact with someone who has chickenpox.

In these cases, it may not be possible to administer the vaccine. The doctor will evaluate whether to administer immune globulins (VZIG) for prevention or to prescribe antiviral treatment if the disease appears.

If you have any questions, contact a nurse at your CLSC's Info-santé service.

\_\_\_\_\_  
School nurse

\_\_\_\_\_  
Telephone

\_\_\_\_\_  
Date