

## Introduction of Chickenpox

- A. **The incubation period is about 2 to 3 weeks, normally 13 to 17 days.**
- B. **It's highly contagious. From 5 days before rashes (usually 1 to 2 days) to 5 days after the first wave of rashes, the disease is contagious. Only after blisters completely become scab can the disease no longer be contagious.**
- C. **One can be infect with the disease through direct reaches of skin, airborne ways, or discharges from mucosa.**

## Clinical syndromes

- A. Prodromal syndromes include slight fever (37.5°C to 39°C), quiver, stomachache, joint ache and muscle ache for 2 to 5 days.
  - B. Rashes appear on the face and scalp, and then spread to the body and four limbs. Then full-body rashes come out fast, become blisters, and finally scab.
  - C. Adults who get infected with Chickenpox can have more severe syndromes along with higher risks of complications. A lower respiratory tract infection and bacterium infections are common complications. Adults can have a fever or feel uncomfortable 1 to 2 days before rashes, which is different from children's syndromes, with rashes coming out first.
- There has been anti-virus medicine that treats Chickenpox. If you have suspected syndromes of Chickenpox, such as rashes or blisters, **please go to the doctor without delay.**
  - Please isolate Chickenpox infected person immediately, and keep the indoor air circulated. Infected should keep both hands clean and wash hands often.
  - The infected should avoid reaching infants who haven't been injected with Chickenpox vaccines, pregnant women, and those with poor immune systems. Pregnant women infected by Chickenpox might have babies with ~~born~~ defects and poor immune systems.
  - **Students who get infected with Chickenpox should not come to school; instead, staying at home until blisters become scab is highly recommended. It is even more recommended to check with a doctor that virus in their bodies has been sharply less contagious.**
  - Vaccination is still the best solution to preventing Chickenpox now. Infants with 1 year old should be injected after a doctor's evaluation as soon as possible. However, those who have been injected is still likely to get infected with Chickenpox, which is called a breakthrough infection.