

Dear Parent or Guardian:

A child in our program has shingles.

WHAT IS IT? Shingles is caused by Varicella-zoster virus, a member of the herpesvirus family. Symptoms include severe pain and numbness along certain nerve pathways, commonly around the midline (trunk) or on the face. Ten to 14 days later, clusters of blisters appear, usually on one side of the body and closer together than in chickenpox.

HOW IS IT SPREAD? Shingles does not spread from one person to another. When people who have not had chickenpox have contact with the fluid from the shingles blisters, they can develop chickenpox.

WHEN IS IT CONTAGIOUS? Until one week after the blisters appear.

HOW IS IT DIAGNOSED? Shingles is diagnosed by the typical symptoms.

SHOULD THE CHILD STAY AT HOME? If blisters can be covered by clothing or a bandage, no exclusion is needed. If blisters cannot be covered, people should be excluded until the blisters have crusted.

Taken from: Infectious diseases in child care settings.