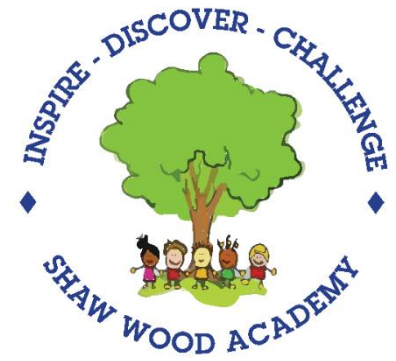


# Shaw Wood Academy

INSPIRE-DISCOVER-CHALLENGE



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20<sup>th</sup> May 2024

Dear Parent,

We have had a few confirmed cases of Chickenpox in Reception and Nursery. Please see below the NHS guidance.

## How to treat chickenpox at home

Stay away from school until all spots have formed a scab. This is usually 5 days after the spots appeared.

### Do

- drink plenty of fluid (try ice lollies if your child is not drinking) to avoid dehydration
- take [paracetamol](#) to help with pain and discomfort
- cut your child's fingernails and put socks on their hands at night to stop them scratching
- use cooling creams or gels from a pharmacy
- speak to a pharmacist about using [antihistamine medicine](#) to help itching
- bathe in cool water and pat the skin dry (do not rub)
- dress in loose clothes

### Don't

- do not use **ibuprofen** unless advised to do so by a doctor, as it may cause serious skin infections
- do not give aspirin to children under 16
- do not go near newborn babies, or anyone who is pregnant or has a weakened immune system, as chickenpox can be dangerous for them
- do not scratch the spots, as scratching can cause scarring

Further information is available from the NHS website using the link below.

<https://www.nhs.uk/conditions/chickenpox/>

Yours faithfully

Mrs N J Parker-Watts  
Headteacher