

Runnemede Public Schools

Mary E. Volz School
509 West Third Avenue
Runnemede, NJ 08078



October 26, 2020

Dear Parent or Guardian:

This is to inform you that a student in the preschool has been diagnosed with **Chickenpox**. Due to the contagious period, there is an extremely **low risk** that your child was exposed to this disease. However, since there is an increased alertness with Covid-19 symptoms and other illnesses, it is important for parents to be aware of the symptoms. The signs and symptoms, mode of transmission, and incubation period of Chickenpox are as follows:

Signs and Symptoms: Chicken pox is one of the most highly contagious childhood diseases. Early signs and symptoms include sudden onset of a slight fever, a mild feeling of body weakness or discomfort (malaise), and loss of appetite. Within 24 hours an itchy rash begins on the back and chest, then spreads to the face and other areas. This progresses to a red elevated pimple-like rash that breaks, drains and forms scabs for 3 to 4 days. The skin rash goes through typical stages: flat red spots, raised spots, small blisters and crusting blisters. Lesions commonly occur in clusters, with several stages of maturity present at the same time. They tend to be more abundant on covered, rather than on exposed parts of the body. They may appear on the scalp, high in the armpit or on mucous membranes of the mouth, upper respiratory tract and on the lining of the eyelids. There may be so few that it is hard to notice any rash spots.

Mode of Transmission: From person to person, by direct contact, droplet or airborne spread of vesicle fluid or secretions of the respiratory tract (cough or sneezes). It may also be spread indirectly through articles freshly soiled by fluid from blisters and mucous membranes of infected persons.

Incubation Period: From 2 to 3 weeks; commonly 14 to 16 days.

Should your child present with any of these symptoms, we recommend that you consult your family health care provider. Any student presenting with these signs and symptoms will be excluded from school. Students must have a note from a health care provider stating that they are not contagious, and may return to school on a specified date. Students may return to school when all scabs are dry and crusted over. If you would like more information on chickenpox, please visit the Center for Disease control website at <https://www.cdc.gov/chickenpox/index.htm>. Any other questions concerning this letter please contact our school nurse, Mrs. Kerslake, at 931-5353 x222.

Sincerely,

Steve Pili
Mary Volz School Principal