DEAR WESTWOOD PARENTS:

For your information please be on the lookout for Chicken Pox. There have been a few cases reported by parents this week. Chickenpox is usually a mild, but very easily spread disease, caused by a virus. The most common symptoms are rash, fever, headache, abdominal pain (stomach ache), sore throat and a feeling of being unwell. It is contagious from 1 to 2 days before the rash appears and until all the sores have crusted over. It takes about 2 weeks after being exposed to chickenpox for the rash to develop. Chickenpox starts out as small, red bumps that quickly become blisters. The blisters break and a brownish coloured scab forms. New small, red bumps appear again, and turn into more blisters. This cycle usually lasts about one week. It takes about 14 days for all the blisters to scab over. If your child(ren) has Chickenpox, please keep him/her at home to prevent this spreading.