



# Ticket to Healthy Living

## CHICKEN

## POX



Texas  
Children's  
Health Plan is  
your family's  
ticket to  
health care.



### What is chicken pox?

- Chicken pox is a disease that is caused by a virus.
- Your child should have a shot to protect against this virus.

### Signs you might see

- You won't see any signs that your child has chicken pox until 7 to 21 days after he catches the virus.
- Your child may feel tired or get a fever one to two days before you see a red rash.
- Red spots or rash – they start out flat and red.
- The spots or rash usually show up on the head, face and back first and then spread to the rest of the body.
- Some children will have these spots in their mouth, throat, eyelids and groin areas as well.
- The spots are very itchy.
- New spots will show up every two to six days.
- Fever.

### What to do

- Give your child a cool bath (without soap). You can add one cup of baking soda to help-soothe the itch. Pat your child dry; do not rub.
- You can give Tylenol for fever. Read the label to make sure you give the right amount of medicine.
- Cut your child's fingernails.
- Keep your child busy so he doesn't think about scratching the spots.
- For young children, you can cover their hands with socks so they won't scratch the spots.
- Keep your child away from other children because chicken pox can be spread very easily.
- If your child has sores in his mouth, give him soft foods and cold drinks. Don't give him any salty foods or fruits, like oranges.

### When to call your doctor

- Your child has a very bad headache, stiff neck, fever or is vomiting.
- The itching can't be stopped.
- The spots have spread to the eyes or private parts.
- Your child won't drink.
- Your child has pain when urinating (peeing).
- Your child has a high fever (over 103 degrees Fahrenheit [F] or has had a 102 degrees F fever for more than two days).
- Your child has red scabs, sores that bleed or a red rash with tiny pink dots.

### More information

- Get the shot for the chicken pox for your child. This helps to protect your child from getting the chicken pox.
- Most spots will heal without leaving marks, but scratching can cause marks.
- Children are able to pass chicken pox to other children after having spots for about seven days.
- Once all the spots turn into scabs, you can send your child back to school.