



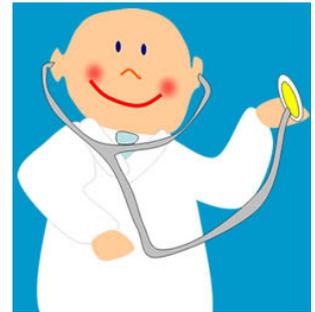
Growing Together For Success

# ASHGROVE SCHOOL

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Dear Parents/Caregivers

Shingles has appeared in Rata hub. Attached is an information sheet regarding Shingles. As a precaution, we recommend you read the information on the reverse of this letter and check to see if your child has symptoms of this infectious condition.

Please note that you can't catch Shingles from someone else. However if your child has never had Chickenpox previously they may contract it from close contact with someone who has shingles because the blisters contain the chickenpox virus.

If you require more information you can obtain advice from your GP or Community and Public Health (03 364 1777).

Christine Chadwick  
Principal

# Shingles

## Summary

You can only get shingles if you've had chickenpox in the past (usually as a child). It is most common in people over 50 years of age, but young people can get it as well.

## Symptoms

The first sign of shingles is often a burning, sharp pain, tingling or numbness in (or under) your skin on one side of your body or face.

The most common site is your back or upper abdomen.

You may have severe itching or aching.

You also may feel tired and ill with fever, chills, headache and upset stomach.

### **The rash**

1-14 days after you start feeling pain, you'll notice a rash of small blisters on an area of skin that is red looking.

Because the blisters tend to follow nerve paths they're usually in a line - often extending from your back around to your tummy, and almost always on just one side.

The rash also may appear on one side of your face or scalp.

A few days after they appear the blisters will turn yellow, then dry and crust over.

Over the next 2 weeks the crusts will drop off, and your skin will continue to heal.

This can take from several days to weeks.

## Treatment

Go to your doctor as soon as you see the rash, as treatment is most effective if it's started early.

Your doctor will be able to prescribe antiviral medicine. Antiviral medicine may help you recover faster and will reduce the chance that the pain will last for a long time.

Your doctor may also give you medicine for pain relief.

- Always see a doctor promptly if:
- you get any blisters on your face
- your fever or pain gets worse
- your neck gets stiff, you can't hear properly or you feel less able to think clearly
- the blisters show signs of infection (eg, they become more sore or red) or if you see milky yellow drainage from the blister sites.