

Your child may have been exposed to:

## Shingles

Shingles (zoster) is caused by the varicella-zoster virus that remains in the body after a person has chickenpox (varicella).

If you think your child has shingles, tell your childcare provider or call the school.

Keep your child home from **childcare and school** if blisters cannot be covered by clothing or bandage. Stay home until the blisters have crusted.

If blisters can be covered with clothing or a bandage, you child may go to childcare or school.

For more information, call Dakota County Public Health Department at 952-891-7500.

## Symptoms

Your child may have a lot of pain and itching. Numbness is common around the trunk or on the face. A red rash appears about 1 to 3 days later. Next, clusters of blisters appear, usually on one side of the body. The blisters crust over within a few days.

The rash and pain usually disappear in 3 to 5 weeks.

## Spread

Shingles does not spread from person-to-person as shingles. If someone, who is not vaccinated or has never had chickenpox in the past, touches the fluid from the shingles blisters they may get chickenpox.

## Contagious period

Until blisters have crusted.

## Call your health care provider

If anyone in your home:

- has symptoms. Treatment may be available.
- was exposed to shingles and they have not had chickenpox disease or vaccine in the past. This is especially important for those who are pregnant or immune compromised.

## Prevention

- Cover blisters with clothing or bandages.
- Wash hands after touching anything that could be contaminated with fluid from the blisters or sores. Your child may need help with handwashing.
- Clean and disinfect any objects or surfaces that come in contact with fluid from the blisters or sores. Use a product that kills germs.

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