



Sandford St. Martin's

P R I M A R Y S C H O O L

18th May 2026

Dear Parents/Carers,

We have had a diagnosed case of chickenpox reported in school; therefore we are sending a reminder of what to do if your child has chickenpox. **Please ensure the school is advised.**

If you or your child has chickenpox, please stay away from school until all of the blisters have dried up and scabbed over. This usually happens five or six days after the rash first appears.

You may continue to have spots on your skin for another week or two, but you're no longer contagious if the spots are dry and scabby.

Avoid contact with people at risk

Certain people are at a higher risk of becoming seriously ill if they become infected with chickenpox.

These include:

- pregnant women
- newborn babies
- people with a weakened immune system (the body's defence system), such as people with [HIV](#), those taking high doses of [steroid medication](#) and those having [chemotherapy](#)

If possible, try to avoid contact with people from these groups until the blisters have scabbed over and you're no longer contagious.

Clean and wash regularly

Chickenpox can be spread through contact with objects that have been contaminated with the virus, such as toys, bedding or clothing.

If someone in your house has chickenpox, you can help stop it spreading by cleaning any objects or surfaces with a disinfectant and making sure that any infected clothing or bedding is washed regularly.

Kind Regards
Emma Roberts
Headteacher

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