



St John's Highbury Vale C of E Primary School

Conewood Street, London N5 1DL

Tel: 020 7226 4906

E-mail: admin@stjhv.islington.sch.uk

Head of School: Mrs Lindsey Hodgson

Executive Head: Mrs Tonnie Read

To Parent/Carer,

I am writing to inform you we have a case of Shingles in the School. Shingles is an infection that causes a painful rash.

The first signs of Shingles can be:

- a tingling or painful feeling in an area of skin
- a headache or feeling generally unwell
- a rash will appear a few days later

Usually you get shingles on your chest and tummy, but it can appear on your face, eyes and genitals.

The shingles rash appears as red blotches on your skin, on 1 side of your body only. A rash on both the left and right of your body is unlikely to be shingles.

The blotches become itchy blisters that ooze fluid. A few days later, the blisters dry out and scab.

The rash can form a cluster that only appears on 1 side of your body. The skin remains painful until after the rash has gone.

Shingles can also make your eye red and sore, affect your sight or hearing, or make it difficult to move 1 side of your face.

How long does shingles lasts

It can take up to 4 weeks for the rash to heal.

Your skin can be painful for weeks after the rash has gone, but it usually settles over time.





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Stay away from certain groups of people if you have shingles

You cannot spread shingles to others. But people who have not had chickenpox before could catch chickenpox from you.

This is because shingles is caused by the chickenpox virus.

Try to avoid:

- pregnant women who have not had chickenpox before
- people with a weakened immune system – like someone having chemotherapy
- babies less than 1 month old – unless it's your own baby, as they should be protected from the virus by your immune system

Important

Stay off work or school if the rash is still oozing fluid (weeping) and cannot be covered, or until the rash has dried out.

You're only infectious to others while the rash oozes fluid.

You can cover the rash with loose clothing or a non-sticky dressing.

Please contact your GP for further information.

