

"Dr. ART" QUINTANILLA

Board Certified Pediatrician

Post-graduate Training:

Maimonides Children's Center/State University of New York Downstate Medical Center &
Miller Children's Hospital-Long Beach Memorial Medical Center/University of California at Irvine

35-900 Bob Hope Dr, Suite 140, Rancho Mirage, CA 92270

Tel (760) 770-0000 / Fax (760) 770-2727

- **VARICELLA (CHICKENPOX)**

Chickenpox is a viral illness with a typical skin eruption; it is highly contagious affecting 95% of susceptible children. Incubation period is about 11-21 days after first contact; transmission is higher 2 days before and 5 days after the eruption.

Typically, chickenpox starts as flu - like illness plus fever for 2 days, and eruption then appears with disseminated, itchy pimples and blisters.

Chickenpox should not be dismissed as a minor illness because its complications are severe, especially in adults and children over 12 years, and it can cause pneumonia, encephalitis, hepatitis and arthritis.

- **Recommendations for care at home:**

- 1) Rest, isolation, abundant clear liquids, daily bath with Aveeno or Domeboro.
- 2) Treat fever with Tylenol. Do not use other fever medications.
- 3) Consult the pediatrician about other specific medications.

- **Vaccination:**

- i) Children 1 - 11 years old: 2 doses (12 months and 4-6 years old)
- ii) 12 years old or above: 2 doses, 1 month apart.

- **Signs of possible complications, call your pediatrician:**

- 1) Intense cough plus chest pain
- 2) Fever > 103.5°F
- 3) Child is confused, agitated or lethargic
- 4) Child with abnormal speech or walk
- 5) Pregnancy