



29th November 2019

Dear Parents and Carers,

Shingles Alert

Harrogate High School would like to inform you we have received reports of pupils within school who have Shingles Infection. The following information is for your guidance:

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 and 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 rash can take up to 4 weeks to heal and NHS advise remaining off school if the rash is oozing fluid (weeping) and cannot be covered, until the rash has dried out. You are only infectious while the rash oozes fluid.

Important

- You cannot get shingles from someone with shingles or chickenpox
- You can get chicken pox from someone who has shingles, if you have not had chicken pox before.

Please consult your GP or call 111 if you feel your child has Shingles and we would be grateful if you can inform The Medical Room Nurse if your child has this infection.

Please be reassured that we are taking steps to ensure students and staff follow good hand hygiene practices to limit any further cases and encouraging hand hygiene regularly. Please encourage these same steps at home.

If you would like any more information regarding Shingles Infection please visit <https://www.nhs.uk/conditions/shingles/>.

Yours Sincerely,

Miss V. Green
School Nurse



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