



Advocacy of Chickenpox Prevention and Control

Q : What is chickenpox?

Varicella, commonly known as chickenpox, is a highly contagious disease caused by varicella-zoster virus.

Q : How is chickenpox transmitted?

Chickenpox is mainly transmitted by direct skin-to-skin contact, droplet, or airborne transmission. It can also be transmitted by contact with the blisters of a person with varicella-zoster virus. In addition, it can be transmitted indirectly through objects contaminated with blister fluid and mucous membrane secretions. Scabs are not contagious.

Q : What is the incubation period for chickenpox?

The incubation period for chickenpox ranges from 10-21 days, and the peak rate of incidence is at 14-16 days after exposure.

Q : What are the possible symptoms of chickenpox?

In the early stages of the disease, a mild fever (37.5-39°C), fatigue, loss of appetite, headache, and muscle or joint aches may occur 1-2 days before the red rash appears. Afterwards, a red rash appears, which gradually develops into red papules, vesicular rash, and pustular rash, which then scabs and heals. The distribution of blisters on the body extends from the face and scalp to the trunk and limbs, and then the generalized rash appears rapidly and turns into blisters, leaving behind granular scabs (which usually heals in about 2 to 4 weeks).

Q : How long is chickenpox contagious?

Chickenpox is contagious from 5 days (usually 1-2 days) before the onset of the red rash to all lesions scab, with the most infectious period occurring just before the patient develops the varicella rash.

Q : What should I do during the self-management period?

In order to protect your own health and the health of the people around you, please take the following health monitoring and protection measures for 21 days from the date of the last exposure to a case of chickenpox.

1. The exposed person should maintain good personal and environmental hygiene, wash hands regularly in a proper manner, and take self-health monitoring for 21 days.
2. During the period of self-health management, contact with groups at high risk for varicella complications, such as infants less than 1 year old, pregnant women, cancer patients and immunocompromised or immunodeficient individuals, should be avoided.
3. Wear a mask when going out and avoid going to closed public places.
4. Wear a mask and long-sleeved clothing throughout the entire process for seeking medical treatment when there is fever, rash, or other suspected symptoms of chickenpox. Confirmed cases should take leave and return home to recuperate until all blisters on the body have completely scabbed over and dried up.
5. People who have been vaccinated against chickenpox may still be infected with chickenpox. They will have a shorter duration and milder symptoms, and the clinical symptoms of infection are less typical.



National Chung Hsing University
Health and Counseling Center,
Office of Student Affairs Care for you