

18 December 2018

Dear Parents / Carers

We have a confirmed case of adult Shingles in Freedman class (Orchard Cluster).

Shingles is an infection that causes a painful rash and you should see your GP as soon as possible if you think you, or a member of your family, has it. If you are unable to see a GP, call 111 for advice about what to do.

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.

Shingles cannot be spread to other people, but anyone who has not had chickenpox before could catch chickenpox from someone with Shingles.

Try to avoid:

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

You are only infectious to others while the rash oozes fluid and you should stay off work or school until the rash scabs.

Further information can be found on the NHS website:

<https://www.nhs.uk/conditions/shingles/#symptoms>

Yours sincerely



Sharon Glover  
PA to Headteacher