

16 September 2020

Dear Parents / Carers

A staff member in Seuss class (Phoenix cluster) has symptoms of Shingles.

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.

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

People at risk are:

- 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/>

Yours sincerely



Sharon Glover
PA to Headteacher