



Shingles

Your child may have been exposed to shingles. Shingles (zoster) is caused by the varicella-zoster virus that remains in the body after a person has had chickenpox (varicella).

If you think your child has shingles:

- Tell your childcare provider or call the school.
- **Keep your child home from childcare and school** if blisters cannot be covered by clothing or a bandage. Stay home until the blisters have crusted.
- If blisters can be covered with clothing or a bandage, your child may go to childcare or school.
- For more information, call Hennepin County HSPHD-Epidemiology at 612-543-5230 or call your local health department.

Parent/Guardian information

Symptoms

Your child may have a lot of pain and itching. Numbness is common around the trunk or on the face. A red rash appears about 1 to 5 days later. Next, clusters of blisters appear, usually on one side of the body. The blisters crust over within a few days.

The rash and pain usually disappear in 2 to 4 weeks.

Spread

Shingles does not spread from person-to-person as shingles. If someone, who is not vaccinated or has never had chickenpox in the past, touches the fluid from the shingles blisters they may get chickenpox.

Contagious period

Until blisters have scabbed over.

Call your health care provider

If anyone in your home:

- Has symptoms. Treatment may be available.
- Was exposed to shingles and they have not had chickenpox disease or vaccine in the past. This is especially important for those who are pregnant or immune compromised.

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Prevention

- Cover blisters with clothing or bandages.
- Wash hands after touching anything that could be contaminated with fluid from the blisters or sores. Your child may need help with handwashing.
- Clean and disinfect any objects or surfaces that come in contact with fluid from the blisters or sores. Use a product that kills germs.

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