



Dear Parents,

Recently there has been a high incidence of infectious diseases. The school has confirmed cases of chicken pox. To reduce the risk of infection among students in the school, please take note of the following information.

**What is it?**

- It is an infectious disease caused by the varicella-zoster virus.
- This virus can also cause shingles (herpes zoster).
- It usually begins with flu-like symptoms followed by a high temperature and an intensely itchy, vesicular (fluid-filled blister type) rash.

**Can it be prevented?**

- Parents can take children to the community health service center for varicella vaccination.
- Prevent children from scratching as this can spread the infection.
- Avoid going to public places to reduce the risk of infection.

**What school can do?**

- Isolate students who have similar symptoms and inform parents to send them to hospital for a check-up.
- Put the class in quarantine. This means that all lessons including PE, Art, Music and IT will take place in the classroom. The children will be in all break-times and lunchtimes and eat their lunch in the classroom. The use of school bus has to be stopped.
- Inform class teachers to ask students to wash their hands frequently and ventilate the classroom.
- Ensure cleaners disinfect the school.
- Monitor other students' symptoms and report to the CDC every day.
- If a student has been diagnosed as having the disease, he/she has to be absent from school until he/she receives a doctor's certificate stating he/she is completely free from the illness. The certificate must be shown to the school nurse on their return to school.

To try to prevent this infection entering / spreading through the school, all parents need to check their child's temperature before school each day. If the fever is over 38 °C, the student needs to stay at home for 48 hours after the fever has gone. Within 48 hours, if the student has skin rash or blister on their body and sores in their mouth, please immediately take him/her to hospital instead of returning to school. Please inform the school of the doctor's diagnosis immediately.

I hope you find this information helpful and reassuring. We all hope that everyone gets better soon! Thank you for your support and cooperation.

Best regards,

School Clinic - SUIS Pudong



## 家长信- 水痘告知书

亲爱的家长们：

近期为传染病的高发时期。本校有确诊的水痘病例。为了预防和控制传染病的发生，现将学校相关防控工作及相关疾病知识告知家长，同时请您配合学校的工作，共同做好预防工作，以保证学生的身体健康。

### 什么是水痘？

水痘是由水痘-带状疱疹病毒引起的原发感染，是以全身出疱疹为特征的急性传染性皮肤病。起病急、轻、中度发热且出现皮疹，皮疹先发于头皮、躯干受压部分，呈向心性分布。水疱期痛痒明显，若因挠抓继发感染时可留下轻度凹痕。体弱者可能出现高热，发生播散性水痘、水痘性肺炎。

### 如何预防传染？

预防水痘，最有效的是接种水痘疫苗。家长可带学生去社区卫生服务中心应急接种水痘疫苗。

患了水痘的病儿一经确诊，应立即隔离治疗直至全部结痂。要预防皮肤继发感染，保持清洁，避免搔痒。

尽量减少去公共场所的次数，以减低被传染风险。

### 学校如何采取措施？

1. 发现疑似病例，立即隔离，通知家长及时就医，明确诊断，积极治疗。
2. 隔离该学生所在的班级。体育、美术、音乐等课程，休息时间和午餐时间将呆在自己的教室，并在教室就餐。该班级的同学不能乘坐校车。
3. 告知老师，学生勤洗手，对教室多通风。
4. 保洁做好消毒工作。
5. 密切关注其他学生身体情况，每天网络直报浦东新区疾控中心并记录。
6. 患病学生必须凭医院证明返校。

为了减少学校学生间的传染，建议家长给自己的孩子每天上学前测量体温，如果孩子有发烧超过 38 度，退热后请在家观察 48 小时，若学生身上出现皮疹或疱疹、口腔内有溃疡等不适现象，建议及时就医、确诊传染病立即告知学校。

希望各位家长能配合学校的工作，共同做好预防工作，确保孩子在学校里健康的成长，快乐的学习。

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