

**WEST MILFORD TOWNSHIP HIGH SCHOOL
67 Highlander Drive
West Milford, N.J. 07480
Maureen Bernstock, Principal**

Office of the School Nurse

Dear Parent / Guardian,

A person at WMHS has been diagnosed with shingles, an illness caused by the herpes zoster virus. It is characterized by red bumps and blisters, usually in a narrow area on half of the body, that may be itchy or painful. While shingles itself is not contagious, it may pose a risk to certain categories of individuals

Shingles is an infection caused by the reactivation of the varicella-zoster (chickenpox) virus, and can only occur in a person who has previously had the chickenpox. A person with shingles cannot communicate shingles to another individual, but can pass the virus to individuals who have never had chickenpox. The method of transmission is by DIRECT contact with shingles blisters.

IF YOUR STUDENT: 1.) has never had chickenpox or the varicella vaccination; 2.) has an impaired immune system (due to chemotherapy or a chronic disease, (including diabetes); or 3.) is or may be pregnant; --- you may wish to contact your private physician for advice regarding this situation. For further information you may contact the school nurse at ext. 7020.

Sincerely,

Janice Cacciapuoti, BSN, CSN, RN
Janice Cacciapuoti, BSN, CSN, RN
WMHS School Nurse
973-697-1701 ext. 7020

Sincerely,

Maureen Bernstock
Maureen Bernstock
Principal, WMHS
973-697-1701 ext. 7001

WEST MILFORD TOWNSHIP HIGH SCHOOL
67 Highlander Drive West Milford, N.J. 07480
(973) 697-1701 (telephone) (973) 208-0912 (fax)
Maureen Bernstock, Principal

HEALTH OFFICE

Dear Parent / Guardian:

The Health Office has been notified that there has been a case of Chickenpox in WMHS. Chickenpox is a contagious disease caused by the varicella-zoster virus. Chickenpox poses a high risk for the following persons who may have been exposed:


- 1.) Persons who HAVE NOT HAD the chickenpox OR the varicella (chickenpox) vaccine
- 2.) Persons with an immune system disorder.
- 3.) Persons who are, or may be, pregnant.

If your child falls into one of the above categories, and you feel he/she may have been exposed, it is strongly advised that you contact your private physician.

Chickenpox is communicated through exposure to airborne respiratory secretions (coughing or sneezing) from the infected individual, or by direct contact with mucous from the eyes, nose, mouth, or fluid from oozing blisters of the infected person. The incubation period is usually from 14 to 16 days after exposure, although it may be from as short as 10 days, or as long as 21 days. The most contagious period is from 1 to 2 days before the rash appears until just after it appears. When all blisters have scabs and no new blisters are forming, the period of possible contagion has passed. The rash consists of small red bumps, which form as blisters over a 3 to 4 day period, and then the blisters scab over. Since blisters continue to form for several days, an infected person may have some red bumps, some blisters, and some scabbed area all at the same time. The rash is more noticeable on the trunk than on exposed areas of the body, and blisters may also appear inside the mouth, ears, in genital areas, or on the scalp. The rash may be accompanied by, or preceded by a fever, runny nose and a cough.

We are writing to inform you of this health situation, so that you may address any risk that it might pose to your child. For your information we are following the West Milford Township School District policy with regard to students with chickenpox. Should you have any further questions, you may contact the school nurse at 973-697-1701, ext. 7020

Sincerely,


Janice Cacciapuoti, B.S.N., M.Ed., R.N.
WMHS Certified School Nurse

Sincerely,


Maureen Bernstock
WMHS Principal