

Communicable disease paper



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Chicken Pox – Communicable Disease INTRODUCTION “ Chickenpox (Chicken Pox), also known as Varicella is a very contagious infection caused by the varicella zoster virus. In several parts of the world it is just known as varicella. Patients develop a blister-like rash, which first appears on the face and trunk, and then spreads throughout the body. There are typically between 250 or 500 itchy blisters.” (Medical News Today, 2014) However, the scars of these poxes heal up even without scarring. Sometimes, scarring the scars leave its mark on the body for a very long time or the mark lasts lifetime.

As it is a flying disease, it is very easily communicable. Chicken pox can be spread easily through sneezing or coughing, even rapidly. Furthermore, any direct contact with the secretions of the blisters will spread the chicken pox from one person to another. An individual who is infected is contagious and infectious two days before the rash appears or any sign of chicken pox appears. This continues for about four to five days. “ Varicella has an incubation period of between 10 and 21 days - i. e. the rash will appear from 10 to 21 days after the virus has infected the patient.” (Medical News Today, 2014)

WHAT CAUSES CHICKEN POX?

There is no way of reducing the length of time a child has chicken pox, only making the symptoms more bearable. A vaccine against chicken pox is used as part of the normal vaccination program. “ They are mainly caused by the varicella virus which is either caused by the direct contact with blisters or through sneezing and coughing.” (Gosh. nhs. uk, 2014)

WHO IS AT RISK?

Every individual usually catches chicken pox once in a lifetime. As it is one of

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the most communicable diseases, mostly children catch chicken pox sooner or later in their lives. Mainly everyone near the infected individual is at risk if they have not gone through this disease before. It is not possible to alter the time-period for which a child has chicken pox. “ However, in most cases there is no need to keep the child away from nursery or school if they have been in contact with chicken pox but not caught the illness.” (Webmd. com, 2014)

SIGNS AND SYMPTOMS OF CHICKEN POX

The signs and symptoms of chicken pox are as follows:

Before the rash appears, children might get unwell and suffer from fever as well.

In the beginning, the rash appears to be a simple red dot. However, with time, it develops into blisters.

Mostly, it starts from either face or body of an individual. Then it spreads to the arms, legs, and other parts of body slowly depending how severe the disease is.

It may also appear on genitals, mouth, or nose.

HOW IS CHICKEN POX TREATED?

It is not possible to alter the time-period for which a child has chicken pox. Vaccinations, however, are used as part of the general program. If a child has fever, it should be brought down using paracetamol as it is effective from the start. This is done because when a child has chicken pox, he must be kept cool and in a normal temperature. Heat and sweating makes itching worse, hence the condition of child gets worse.

A child suffering from this disease should be forced not to scratch blisters whatsoever. If they get sore, they will be open to infection which is more

dangerous. However, there are many ways to put a halt to itching and scratching these chicken pox blisters. It can be reduced by cutting the nails short of a child. There are some lotions such as calamine lotion which also helps in reducing of the itching activity, but it needs to be applied every now and then. Sometimes, the itching is so bad that a child cannot control or it troubles him/her sleeping, the child can see a doctor then.

PREVENTING CHICKEN POX

“ Humans are the only known reservoir for varicella-zoster virus, which causes two distinct clinical diseases. Varicella (chickenpox) is the primary infection and results from exposure of a person susceptible to the virus.” (Dawson, 2005) Chicken pox vaccine is one of the solutions to prevent these diseases. Every country has their respective methods of vaccination. There are children who are not really bothered if they suffer from this disease as they believe that this illness will get better on its own with time. However, people who have had not suffered from chicken pox in their lives before, it can be more dangerous for them if they make contact with any child having this disease. That is one of the main reasons it is a very common communicable disease.

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