

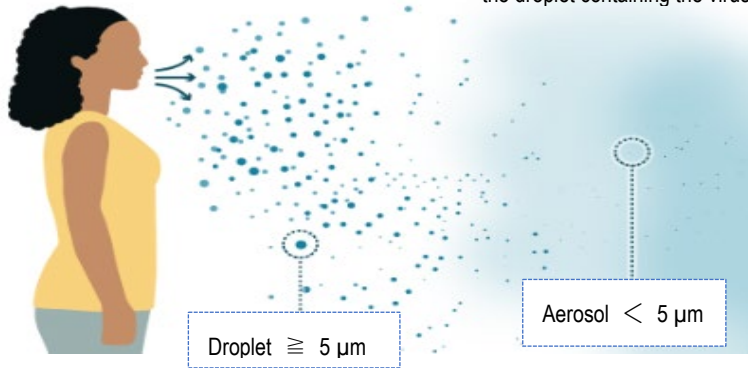
Varicella (Chicken Pox)

Varicella (Chicken Pox) is caused by the varicella-zoster virus.

« Transmission »

Droplet

Saliva and mucus are released by sneezing, coughing, and talking. Particularly, droplets with a diameter of 5 μm or greater fall within 1 to 2 meters. If a person is within that range, the droplets can enter that person's eyes, nose, or mouth.



Aerosol

An aerosol* of less than 5 μm is suspended in the air for some time. People inhale this.

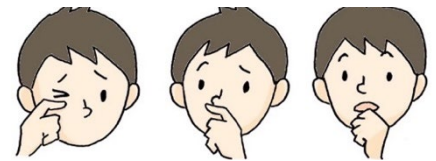
*Aerosol is an evaporation of moisture from the droplet containing the virus.



People tend to unintentionally touch their face after touching frequently touched contaminated surfaces.

Surface

You unconsciously touch your eyes, nose, and mouth.



« Infectious period »

From 1-2 days before the appearance of the rash, until 4-5 days after the appearance of the rash, or until it becomes scab.

« Reproduction Number R0 (Contagiousness) »

Measles > Varicella > Mumps, Rubella > Influenza

« Incubation period »

About 2 weeks (10-21 days)

« Complications »

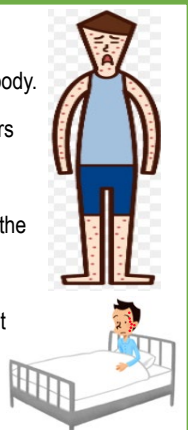
- Secondary bacterial infection of the skin, dehydration, pneumonia, central nervous system complications (meningitis, encephalitis).
- Respiratory or gastrointestinal symptoms are usually not accompanied by.
- The virus remains latent in the body after healing. When physical strength and immunity decline, the virus may reactivate and recur as "Shingles".



Shingles can occur on the head, face, and ears 🙅

« Symptoms »

- Itchy rashes that can spread all over the entire body. Red spots and pimples become fluid-filled blisters and eventually turn to scabs.
- In adults, fever may be present 1-2 days before the rash appears.
- In teenagers and adults, especially those without vaccination, the condition easily gets worse and they are at higher risk of hospitalization.



« Symptoms resolve in about 1 week »

- Taking antiviral drugs is effective.
- Isolate yourself (stay away from campus and avoid contact with others) until all rashes become scabs.

« Preventions »

- Get vaccine twice (at least 4 weeks apart).
 - ✖ Without vaccination, the symptoms can easily become severe.
- In Japan, two doses of shingles vaccine are recommended for those over 50 years of age.
- If you are unvaccinated, vaccinated only once, or have no record, you should take an antibody titer test and check if you are immune.
- Wear a mask especially at densely populated areas.
- When coughing or sneezing, use a mask, tissue handkerchief, or sleeve to hold your mouth and nose.
- Ventilate rooms.
- Wash or sanitize your hands, and disinfect frequently touched surfaces.

