

# CHICKENPOX CARE & PREVENTION

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## **How long the patient of Chicken pox(Varicella)is infectious?**

Patients with varicella become infectious 24 to 48 hours prior to the onset of rash. Normal hosts remain infectious for approximately five days after the onset of the rash, while immunocompromised hosts may remain infectious for a more prolonged period.

## **How to prevent virus spreading to other normal human beings?**

It can be done by following actions:-

1. Isolation of the patient to a well ventilated room & to provide him all his daily needs in the same place.
2. Discourage other people going close to him.
3. Not to share items like towel, sheet with others.
4. Cover the mouth while coughing & talking.
5. **Don't scratch.**
6. Trim the finger nails.
7. Regular soap water hand wash or regular use of hand sanitizers.
8. Regular cleaning & disinfection of room , door and the area.
9. Proper treatment including use of Antivirals as advised by treating doctors.

## **How to make body stronger so that Chickenpox infection is handed effectively by the patient body:-**

It can be done by following actions:-

1. Frequent intake of fluids viz Water, Fruit juice, Tea, Coffee etc.
2. Intake of One teaspoonful of Turmeric every day with honey, this will act as antiviral medicine & enhance immunity.
3. Regular intake of fresh fruits & vegetables including intake of fresh lime, oranges, Papaya etc. so as to provide Vitamins & minerals, this will reduce the duration of disease & bring the appetite back,
4. More intake of Proteins like Eggs, Pulses etc to enhance body resistance.
5. If there is oral soreness or lesions in mouth provide soft, liquid, bland , non-irritant diet without chillies & condiments.

## **What precautions should be taken by family members & attendants?**

Following precautions are recommended:-

1. Maintain sufficient physical distance from patient when he is talking, coughing or sneezing.
2. Don't share his items, clothes, room etc.

3. Do soap water hand wash or use hand sanitizer regularly both before & after meeting such a patient or entering patient room, or possibly sharing the same facility.
4. Frequent intake of fluids viz Water, Fruit juice, Tea, Coffee etc
5. Intake of One teaspoonful of Turmeric every day with honey, this will act as antiviral medicine & enhance immunity.
6. Regular intake of fresh fruits & vegetables including intake of fresh lime, oranges, Papaya etc so as to provide Vitamins & Minerals, this will reduce the duration of disease & bring the appetite back,
7. More intake of Proteins like Eggs, Pulses etc to enhance body resistance.
8. Immunisation under Medical advise.
9. Report to doctor at the earliest if one feels unwell, develops fever or rash.