

SHINGLES

(Herpes Zoster)

IMMUNIZATION: None.

INCUBATION PERIOD: Highly variable – months to years – as a latent form (reactivation) of chicken pox.

SYMPTOMS: Grouped vesicular lesions that appear along one to three sensory dermatomes (nerve paths) with mild to severe pain. In immunocompromised persons, lesions can become generalized and result in vesicular complications.

PERIOD OF COMMUNICABILITY: As long as lesions are wet, not scabbed, generally one week after onset of lesions.

MODE OF TRANSMISSION: Direct contact with secretions of lesions of persons without history of chicken pox and/or are immunodeficient.

SCHOOL ATTENDANCE: Exclusion only if lesions cannot be covered and only until lesions are crusted.

CONTACTS/FOLLOW-UP: No exclusion necessary if environment is controlled and no one is susceptible to chicken pox. No recommendations for generally healthy susceptible children/adults.

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