

Health Advisory: Chickenpox at Pepperdine

Public Relations

TO: Pepperdine Campus Community
FROM: Public Relations Office
DATE: January 19, 2018
RE: Health Advisory: Chickenpox at Pepperdine

A possible case of chickenpox (varicella) has been identified at Pepperdine University. This notice is to inform you that you may have been exposed. Chickenpox is a highly contagious disease that infects almost every exposed person who has not been vaccinated or had the disease before. The risk of complications is higher in adults and adolescents, newborns, and individuals with a weak immune system.

A person with chickenpox can spread the disease two to five days before the rash appears and up to five days after. The rash starts as small red pimples that quickly turn into blisters, beginning on the body and often spreading out to the face, hands, and legs. The rash is typically very itchy, and a fever and runny nose may occur.

If you develop a rash over the next 3 weeks, call the Student Health Center right away. In order to protect other students, do not walk into the Student Health Center; call first at [310.506.4316](tel:310.506.4316), option 3, and stay away from school/classes/activities until the Student Health Center has allowed you to return.

The following individuals should see their personal doctor or the Student Health Center immediately due to the HIGH risk of developing severe complications even if they are not sick yet:

- Individuals with a weak immune system. Examples of individuals with a weak immune system include those receiving cancer therapy or steroid treatment, are HIV positive, or have leukemia/lymphoma or poorly regulated diabetes.

- Women who are are pregnant
- Young babies or infants whose mothers never had the disease or received the chickenpox vaccine

In addition, Pepperdine community members should be advised of guidelines issued by the Centers for Disease Control and Prevention to not use aspirin or aspirin-containing products to relieve fever from chickenpox. The use of aspirin in children with chickenpox has been associated with Reye's syndrome, a severe disease that affects the liver and brain and can cause death.

If you are unsure about your immunity against chickenpox, please contact your personal doctor for advice and evaluation. If you do not have a personal doctor, please call the Student Health Center for further assistance. Additionally, if you are a registered student and have not been immunized or had chickenpox and would like to be immunized, please call the Student Health Center, which can order the vaccine for you.

For additional information about the chickenpox disease or vaccine, please visit http://publichealth.lacounty.gov/ip/VPD_varicella.htm.

If you have any questions or concerns, you may speak to Rebecca Roldan, Lucy Larson, or Andrea Kollerbohm in the Student Health Center by calling [310.506.4316](tel:310.506.4316), option 3.