

**APRIL 2026  
HIPC NEWSLETTER**

**In This Issue**

- CHICKENPOX
- > INTRODUCTION
- > DEFINITION
- > TYPES
- > SYMPTOMS
- > COMPLICATION
- > TRANSMISSION
- > PREVENTION
- > TREATMENT

- HAI DATA-MARCH 2026
- HAND HYGIENE COMPLIANCE AUDIT DATA

**Guideline Updates  
Quick Links**

[https://www.google.com/search?q=chickenpox&rlz=1C1VDKB\\_enIN1059IN1059&oq=CHICK&gs\\_lcrp=EgZjaHJvbWUqBggAEEUYOzIGCAAQRrg7MgwIARBFgDKyQMYgAQyCggCEC4YsQMYgAQyEAgDEC4YxwEYsQMY0QMYgAQyCggEEAAYsQMYgAQyCggFEC4YsQMYgAQyCggGEC4YsQMYgAQyCggHEAAYsQMYgAQyCggIEC4YsQMYgAQyBwgJEAAYjwLSAQk5MDA1ajBqMTWoAgiwAgHxBcD9fa6TQ-wP&sourceid=chrome&ie=UTF-8](https://www.google.com/search?q=chickenpox&rlz=1C1VDKB_enIN1059IN1059&oq=CHICK&gs_lcrp=EgZjaHJvbWUqBggAEEUYOzIGCAAQRrg7MgwIARBFgDKyQMYgAQyCggCEC4YsQMYgAQyEAgDEC4YxwEYsQMY0QMYgAQyCggEEAAYsQMYgAQyCggFEC4YsQMYgAQyCggGEC4YsQMYgAQyCggHEAAYsQMYgAQyCggIEC4YsQMYgAQyBwgJEAAYjwLSAQk5MDA1ajBqMTWoAgiwAgHxBcD9fa6TQ-wP&sourceid=chrome&ie=UTF-8)

**CHICKENPOX**

**INTRODUCTION**

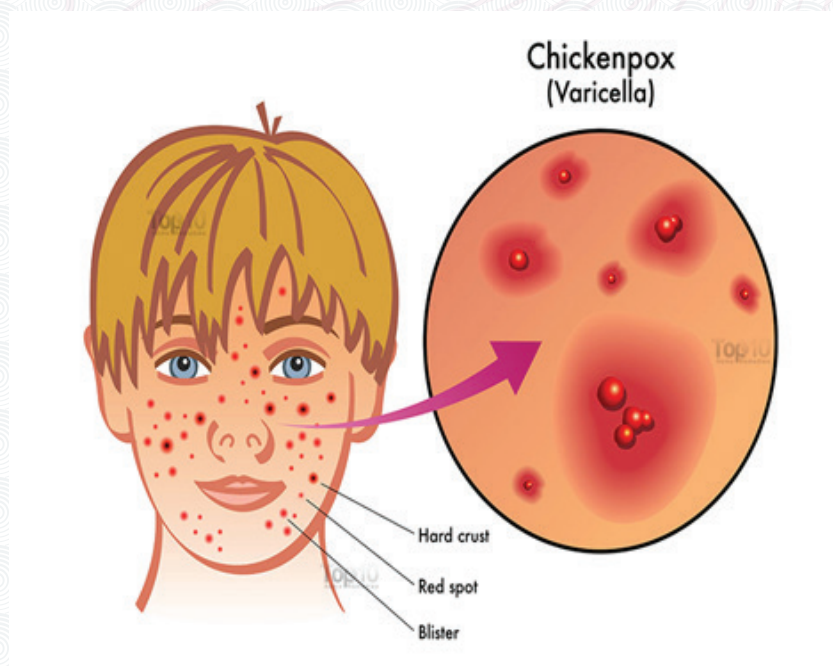
Chickenpox, also called varicella, is a highly contagious disease caused by the varicella-zoster virus (VZV). This virus is a member of the herpesvirus family, and humans are the only known natural hosts for it. VZV is found worldwide. The initial infection with VZV results in chickenpox. After someone recovers from chickenpox, the virus becomes inactive in the nerve cells. It can reactivate later, leading to a painful condition known as shingles (herpes zoster). The virus spreads when someone with chickenpox coughs or sneezes, releasing infected droplets into the air, and through direct contact with the fluid from the chickenpox blisters. If a person is susceptible (meaning they haven't had chickenpox or been vaccinated), they are likely to contract the virus if exposed. Chickenpox tends to occur more often during winter and spring or cool and dry months, with outbreaks occurring every 2–5 years. While typically mild in children, it can be more severe in adults.

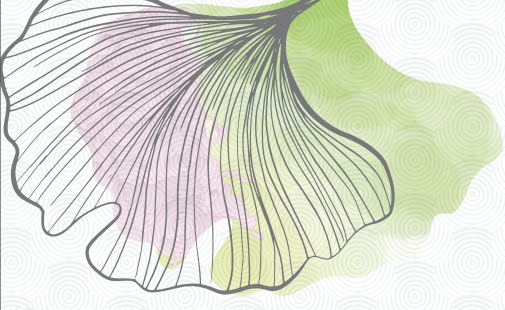
**DEFINITION**

Chickenpox (varicella) is a highly contagious disease caused by the varicella-zoster virus (VZV), characterized by an itchy, blister-like rash that typically lasts 4 to 7 days.

**INCUBATION PERIOD**

The average incubation period for varicella is 14 to 16 days after exposure to a varicella or a herpes zoster rash, with a range of 10 to 21 days.





## TYPES

Chickenpox (varicella) is categorized primarily by vaccination status, which dictates severity. The two main types are **typical varicella** (unvaccinated, more severe) and **breakthrough varicella** (vaccinated, milder). Both are highly contagious, itchy, blister-like rashes caused by the varicella-zoster virus.

### Types of Chickenpox (Varicella)

- **Typical Varicella (Unvaccinated):** Characterized by itchy, fluid-filled blisters (vesicles) that turn into scabs, often accompanied by fever and malaise. The rash appears in all stages (papules, vesicles, scabs) at the same time.
- **Breakthrough Varicella (Vaccinated):** Occurs in people vaccinated more than 42 days before infection. It is usually milder with fewer than 50 lesions, or sometimes no rash at all (maculopapular rash rather than vesicular). Fever is often low or absent, and the illness is shorter.

## TRANSMISSION

Contact with someone with chickenpox

Chickenpox is a highly contagious disease caused by varicella-zoster virus (VZV). It mainly spreads from unvaccinated people with chickenpox to others who have never had the virus. Up to 90% of people who are not immune and close to someone with chickenpox will also get infected.

A person with chickenpox is contagious 1 to 2 days before the rash begins, until all the chickenpox lesions have crusted (scabbed over).

If a vaccinated person gets the disease, they can still spread it to others. Vaccinated people who get chickenpox may develop lesions that do not crust. These people are contagious until no new lesions have appeared for 24 hours.

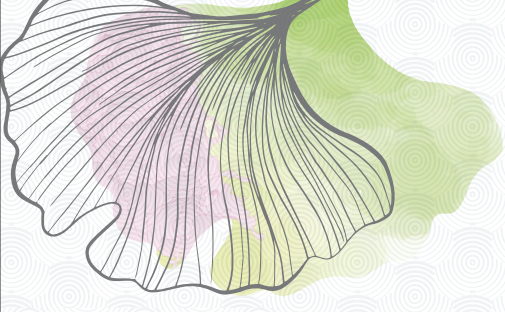
Contact with someone with shingles

VZV also causes shingles. After people recover from chickenpox, the virus remains dormant in the body. People get shingles when VZV reactivates in their bodies later in life.

People who never had chickenpox or didn't get chickenpox vaccine can get infected with VZV from someone who has shingles. They will develop chickenpox, not shingles. These people can get the virus through:

- Direct contact with the fluid from shingles rash blisters.
- Breathing in virus particles that come from the blisters.

It takes about 2 weeks (10 to 21 days) after exposure to a person with chickenpox or shingles for someone to develop chickenpox.



## SYMPTOMS

### Early symptoms

People who have never had chickenpox or the chickenpox vaccine can become ill. Typical symptoms that may begin to appear 1 to 2 days before rash include:

- Fever
- Tiredness
- Loss of appetite
- Headache

### Common symptoms

The classic sign of chickenpox is a rash that turns into itchy, fluid-filled blisters which eventually become scabs. The rash may first appear on the chest, back, and face. The rash can then spread over the entire body, including inside the mouth, eyelids, or genital area. It usually takes about 1 week for all blisters to become scabs.

## COMPLICATIONS

### Serious complications

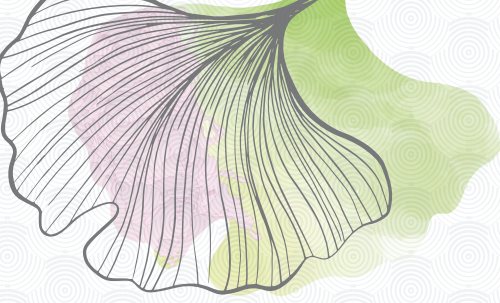
Complications from chickenpox can occur, but they are not common in healthy people who get the disease. Chickenpox may cause several complications, such as:

- Bacterial infections of the skin and soft tissues in children, including Group A streptococcal infections
- Infection of the lungs (pneumonia)
- Infection or swelling of the brain (encephalitis, cerebellar ataxia)
- Bleeding problems (hemorrhagic complications)
- Bloodstream infections (sepsis)
- Dehydration

## INFECTION CONTROL PRACTISES

- Varicella (chickenpox) is spread by direct contact and inhalation of aerosols from vesicles or respiratory secretions.
- Hand washing and use personal protective equipment (PPE) appropriately
- Standard precautions, plus airborne precautions and contact precautions, should be followed until all lesions are crusted over.
- Patients should be removed from any waiting rooms or public areas and placed in a negative airflow room as soon as varicella is suspected.
- Ensure appropriate patient placement patient is placed in a private room if possible. If not available cohorting can be done





- If a negative airflow room is unavailable, place the patient in their own room, and keep the door closed. Do not use the room for an hour after the patient leaves.
- Limit transport and movement of patients
- Only health care workers with documented immunity to varicella, using standard, airborne, and contact precautions, should care for patients with varicella.

### **PREVENTION**

Protect yourself with the vaccine. The best way to prevent chickenpox is to get the chickenpox vaccine. Everyone—including children, adolescents, and adults—should get 2 doses of chickenpox vaccine if they have never had chickenpox or were never vaccinated. Most people who get the vaccine will not get chickenpox.

### **TREATMENT AND RECOVERY**

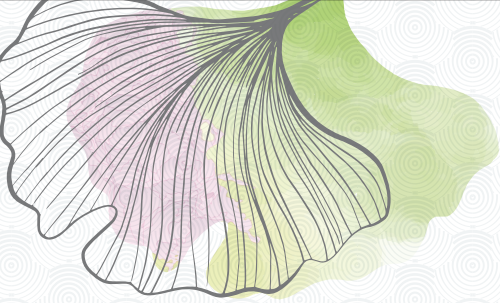
Your healthcare provider can advise you on treatment options. Antiviral medication is recommended for people with chickenpox who are more likely to develop dangerous illnesses.

### **HOMECARE MANAGEMENT**

There are several tips you can do at home to help ease chickenpox symptoms and prevent skin infections:

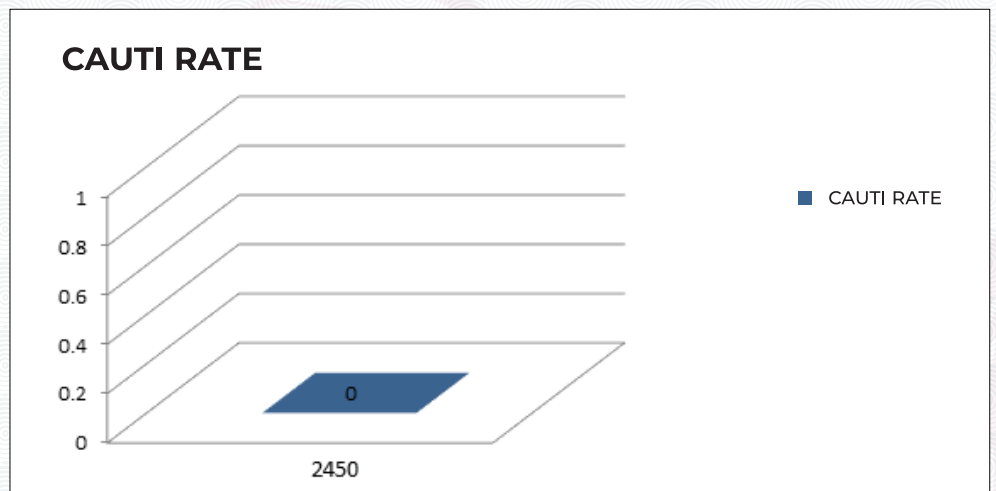
- Try calamine lotion and a cool bath with added baking soda
- Try to keep fingernails trimmed short and minimize scratching to prevent the virus from spreading to others and to help prevent skin infections.
- If you scratch a blister, wash your hands with soap and water for at least 20 seconds



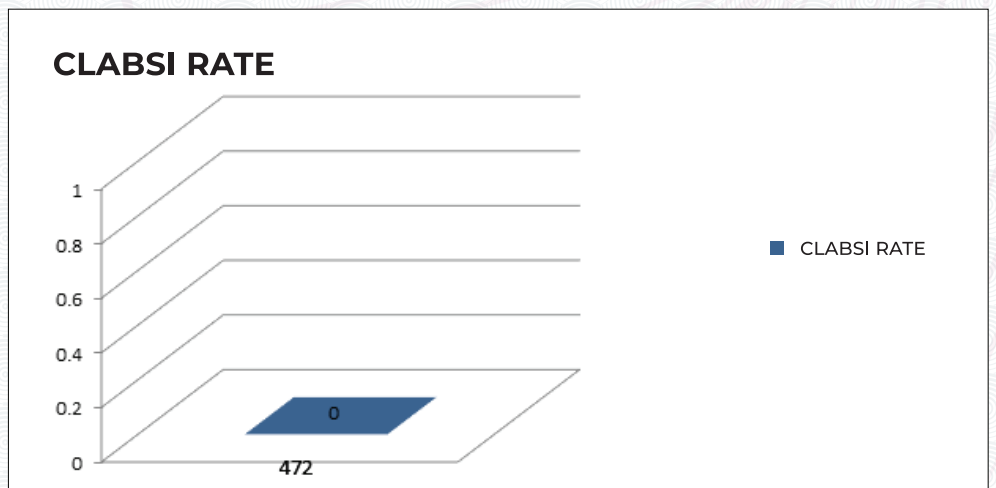


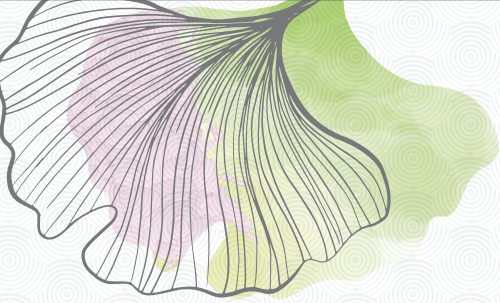
### HAI DATA - MARCH 2026

### CAUTI RATE - MARCH 2026

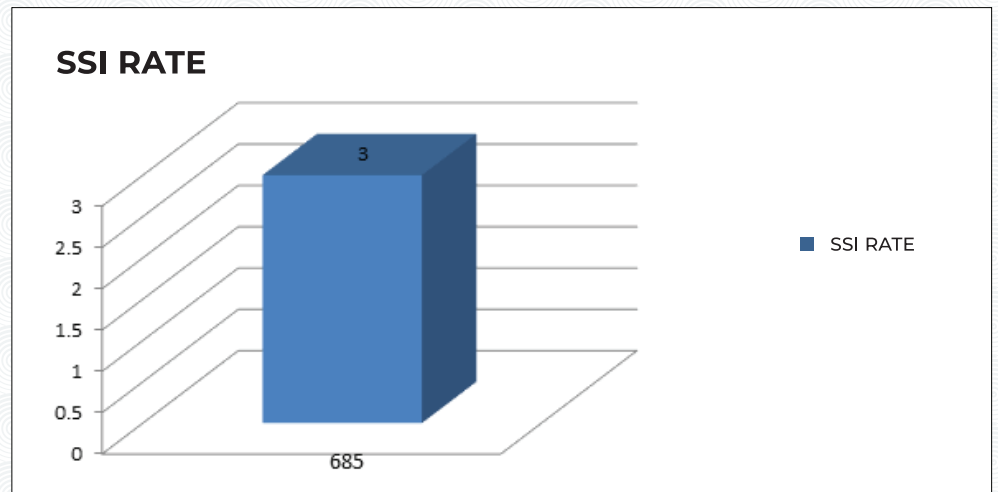


### CLABSI RATE - MARCH 2026

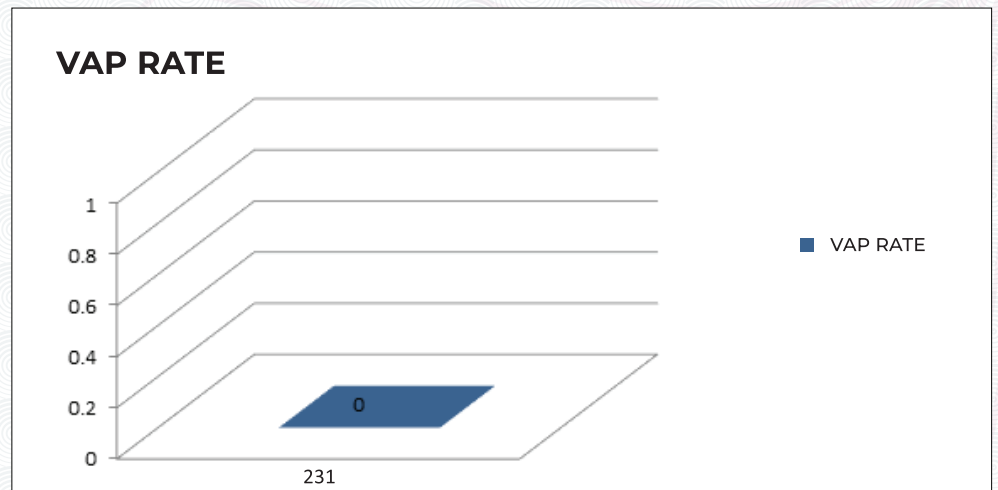




### SSI RATE - MARCH 2026



### VAP RATE - MARCH 2026



### PERCENTAGE OF COMPLIANCE TO HAND HYGIENE- MARCH 2026

