



Beam County Primary School
Oval Road North, Dagenham, Essex, RM10 9ED.

20th October 2025

Dear Parent/Carer,

The London Region, UK Health Security Agency has recommended that we share the following;

For your information, several children attending Beam have had chickenpox recently. **Chickenpox** is a normal childhood illness and most people born in the UK acquire the infection in childhood.

Chickenpox is spread very easily. Having a conversation with someone with chickenpox or being in the same room as them for 15 minutes or more is long enough to catch the infection.

Once someone has had chickenpox infection, they will not get the infection again. However, chickenpox can lead to complications for pregnant women who have never had the infection before. Also, people who are on immunosuppressive treatment for cancer, following an organ transplant, or because of another condition might be at risk of infection with complications.

If your child has not already had chickenpox, please look carefully for signs and symptoms. If your child develops a rash or any spots, please keep your child at home from school/other childcare setting including childminders and away from pregnant and vulnerable contacts until the spots have crusted over (usually about 5 days).

If your child develops chickenpox and you or someone else in the household is pregnant and not immune or has a condition or are on treatment which suppresses immunity to infection, please contact your GP/midwife for advice as soon as possible.

For parents who feel they would like more information on chickenpox, information can also be sourced from NHS 111 or NHS Choices via the internet at <http://www.nhs.uk/conditions/chickenpox/pages/introduction.aspx>.

Please see attached additional information regarding chickenpox and seasonal illness.

Kind regards

Miss Whittington
Headteacher

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Chair of Governors: Mr L Du Plooy



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