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Public Health Advisory

Chickenpox in Arviat

March 10, 2023
Arviat, Nunavut

The Department of Health is advising residents of Arviat to take extra precaution and help prevent the spread of chickenpox (also known as varicella) as cases are rising in the community. Chickenpox is a contagious illness that causes an itchy rash and red spots or blisters on the body.

Additional signs and symptoms can include a fever, loss of appetite and tiredness. New spots will appear every day for 5-7 days and usually take 1-2 days to go through all of the stages, from blistering to drying out and crusting over.

Please take the following steps to help prevent the spread of chickenpox:

- Avoid coming in contact with others who have chickenpox and are in the contagious stage (pox that have not crusted over).
- Stay home until your chickenpox spots are no longer contagious.

The disease can be more serious for pregnant women and those with health problems affecting the immune system who have not been vaccinated or previously had chickenpox. If a pregnant woman has chickenpox, her unborn baby may also be at risk and should access the health centre immediately.

If you or someone in your household is showing signs or symptoms of chickenpox please call your health centre for treatment and prevention information.

For additional information the Department of Health chickenpox fact sheet is available here: https://www.gov.nu.ca/sites/default/files/chickenpox-varicella_fact_sheet_1.pdf.

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