# DISEASES

## Chicken pox (Varicella)

Chicken pox is an infectious disease caused by the varicella-zoster virus that causes an itchy rash.

### Symptoms

* Initial cold-like symptoms
* High temperature
* Intense itchy rash
* Lesions that generally appear on the face, scalp, and trunk

### Complications

* Most healthy children recover with no complications
* Complications for high-risk groups of people include:
  + viral pneumonia
  + secondary bacterial infections
  + encephalitis

### Transmission

* Direct person-to-person contact
* Airborne droplet infection (coughing and sneezing)
* Contact with infected articles such as clothing and bedding

### Prevention

Varicella vaccine

# Mumps

Mumps, or epidemic parotitis, is a contagious viral disease.

### Symptoms

* Fever
* Painful swelling of the salivary glands
* Headache
* Muscle ache
* Tiredness
* Loss of appetite

### Complications

* Most healthy children recover with minimal complications
* Severe complications include:
  + inflammation of the brain and other organs
  + sterility in men
  + mild forms of meningitis
  + spontaneous abortion
  + deafness

### Transmission

* Airborne droplets of saliva and mucus infected with the mumps virus (coughing and sneezing)
* Touching an infected surface and then touching the eyes, nose, or mouth

### Prevention

Mumps vaccine (contained in the MMR [measles, mumps, and rubella] vaccine)