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Module: LCHS4008\_LON

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## Introduction

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## Measure

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## Monitor

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## Control

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## Public health in UK

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## Health education

# Introduction

**Chickenpox** is a highly contagious viral infection caused by the **varicella-zoster virus**. It mainly affects children, but anyone without immunity can become infected.

It is recognized by an itchy blister-like rash, often accompanied by fever, tiredness, and general discomfort.

The illness usually lasts 5–7 days and spreads easily through the air or direct contact with the blisters.

(NHS,2025)



# What is Chickenpox?

- Viral, highly contagious
- Itchy blister-like rash
- Fever, tiredness, discomfort
- Spread by air & direct contact
- Viral, highly contagious
- Itchy blisters
- Fever, tiredness, malaise
- Airborne and contact-borne





# CHICKEN POX

**Measure**

# Measuring the incidence of chickenpox



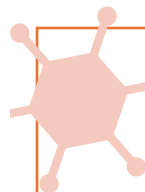
GP records



UK Health Security  
Agency Surveillance



School and Nursery  
Reports



**Hospital Episode  
Statistics**



**Local public health  
teams**

# I. UK Statistics

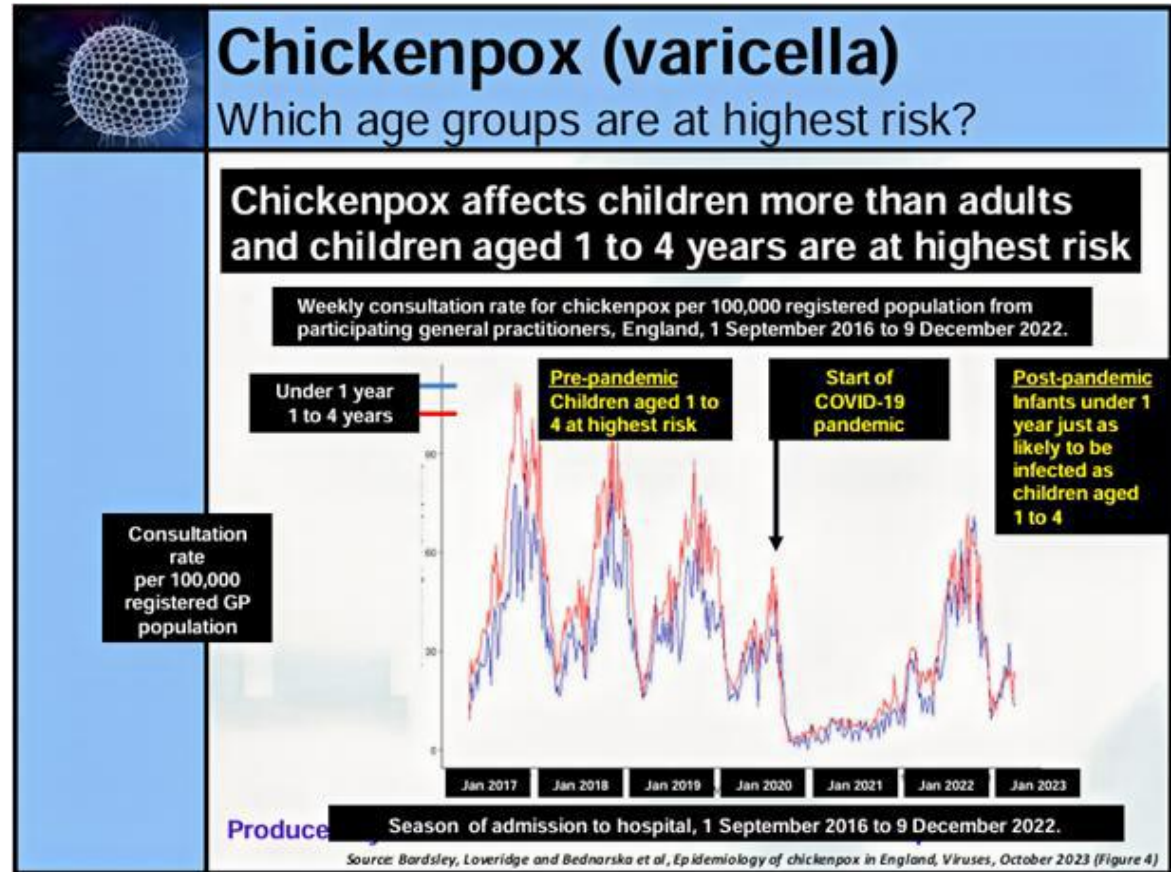
Average weekly rate: **3.4 per 100,000 population (2016–2022)**.

Seasonal peaks: **weeks 13–15**.

Chickenpox **not included** in the childhood vaccination schedule.

Actual incidence greater than that recorded by queries.

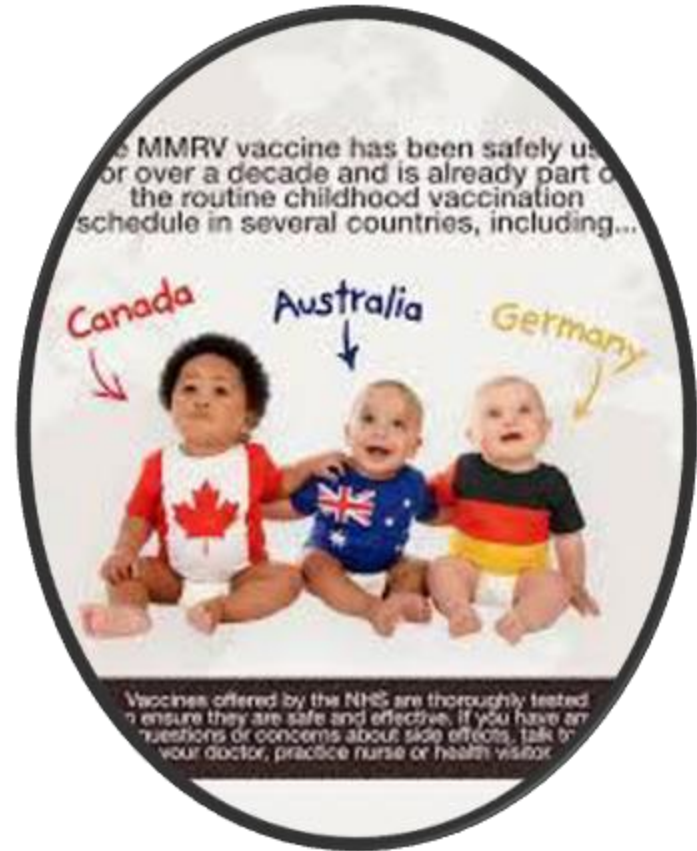
(GOV.UK)



## II. Global Comparison

The United Kingdom maintains constant circulation.

- Differences explained by policies, demographics and social behaviors
- **Countries with universal vaccination (USA, Germany, Australia)**
- They have achieved **reductions of more than 90%** in incidence after introducing the vaccine (a widely documented global figure).
- In contrast, the United Kingdom maintains stable rates due to its policy of not routinely vaccinating. (GOV.UK)



# Incidence of chickenpox in the UK (2016–2022)

## Mortality is rare

Deaths from chickenpox in the UK are very rare, but they do occur in:

- Immunocompromised people
- Pregnant women
- Adults with severe complications

States that chickenpox **continued circulating** in the UK between 2016–2022.

Notes **regular spring peaks** up to 2019, followed by a **sharp drop** during COVID-19 due to reduced contact.

Shows a **rebound in 2022** once restrictions eased.

Explains that the UK **did not have routine varicella vaccination**, while many EU countries did, affecting incidence levels



# CHICKEN POX

**Monitor**

## Chickenpox Monitoring & Surveillance

- **Vaccination monitoring:** Tracking immunization coverage to evaluate prevention programs.
- **Laboratory confirmation:** Testing is used to confirm infection with the Varicella-zoster virus.
- **Contact tracing:** Identifying and monitoring people who had close contact with infected individuals.
- **Isolation measures:** Infected individuals are isolated until blisters have crusted to prevent further transmission.

(Centers for Disease Control and Prevention, 2024)



## Prevention methods include:

- Awareness and Education
- Good hygiene practices such as handwashing (Epidemiol Infect, 2020).
- Avoiding close contact with infected individuals
- Vaccination is the most effective way to prevent chickenpox and its complications (Centers for Disease Control and Prevention, 2024).





# CHICKEN POX

**Control**

# Chickenpox outbreak Control



1.Vaccination



2.Case  
identification and  
surveillance



3.Isolation and  
infection Control



4.Protecting High-  
Risk Groups



5.Outbreak  
Management in  
Schools/Instituti  
ons



6.Public Health  
Condition



7.Environment and  
Hygiene Measures



8.Monitoring and  
Evaluation

# Controlling Chickenpox

**Vaccination** is the key to prevent a chickenpox outbreak it is highly recommended for the public to be vaccinated and to reduce the incident of an outbreaks, specially recommended to those children and adult who have never had a chickenpox.

**Practicing Good Hygiene** and regular handwashing is essential to remove bacteria and viruses from your hand it may help to prevent other to get infected and preventing the bacteria and viruses from spreading.

**Isolating the infected person or individual** keeping an individual who has been infected or has chickenpox must be isolated to prevent the virus from spreading for public safety.

**Clean and disinfection** regular clean and disinfection the surface of the infected person belongings and isolation room can help to prevent spreading of the virus.

**Avoidance** keep safe distance to the infected person or individual who has had chickenpox this may reduce the risk of contracting virus so you can protect you loved ones and yourself from getting the virus and reduce it from spreading.

# Chickenpox - control

## Vaccination

- 12 to 15 months follow up
- 4 to 6 years.

## Early signs and control measures, of the first rash spots.

- Close physical contact during play activities. Shared objects. Long periods indoors. Limited ventilation can form clusters quickly. Avoid crowded places and changing rooms.



# Chickenpox



1. Vaccination
2. Isolation
3. Strong infection and prevention

All spots and scabs are dried up from any fluid into very dry clusters it is safe to return to school and public places. Practices and prevention more effective than treatment.

World Health Organization

(WHO, 2014)



# CHICKEN POX

**Public Health in Uk**

# Policy and strategies available in Uk government for public health of chicken pox



## Point 1: Inclusion of Varicella Vaccine in the National Immunisation Programme

- The UK Government has included the Chickenpox Vaccine in the routine childhood immunisation programme in the UK, as recommended by the Joint Committee on Vaccination and Immunisation (JCVI) in November 2023. This has been done to reduce the disease burden and prevent complications.

## Point 2: NHS Implementation from January 2026

- The implementation of the varicella vaccine in the UK is done through the NHS, which will start from January 2026, and the routine immunization programmed will be conducted at the ages of 12 and 18 months with the combined MMRV vaccine.
- (DHSC,2023)

## How to raise awareness in Education.



# CONCLUSION

I therefore conclude that chickenpox is highly contagious and infectious it can be easily transmitted in a close contact person or person who is not vaccinated this may cause a significant health issues and infection such as blisters, redness, itchiness' people with chickenpox will experience fever and generally sick. Vaccination will be the best preventive measure and early diagnosis of a person with chickenpox it will also prevent for an outbreak. Understanding of its nature chickenpox and its potential complication can help reducing its impact to the public health.

(GOV.UK)



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