





# Watch out for chickenpox and mumps in the spring!

The media continues to report that the incidence of spring chickenpox and mumps has increased compared to the same period last year. Chickenpox and mumps are viral infectious diseases transmitted through respiratory secretions, such as droplets released when coughing or sneezing. Daycare centers carefully monitor the health of infants and toddlers daily during drop-off and pick-up to prevent chickenpox and mumps, and take appropriate measures in accordance with infectious disease management guidelines if symptoms such as coughing, fever, loss of appetite, congestion, diarrhea, rash, or vomiting are observed. We ask that you also refer to the disease overview at home to take precautions and manage the health of your infants and toddlers. If you suspect an infection, please visit a nearby hospital for medical attention.

## Overview of Chickenpox and Mumps

division	chickenpox	mumps (to watch)
definition	Acute rash-causing infectious disease caused by varicella-zoster virus infection	An acute febrile disease characterized by parotid gland swelling caused by a viral infection
contagious period	1-2 days before the rash-when all blisters and scabs transform	from 3 days before manifestation to 5 days after manifestation
main symptoms	Accompanied by malaise and a mild fever starting 1 to 2 days before the rash appears, it progresses in the order of spots>blisters>scabs.	inflammation of the parotid gland, submandibular gland, etc. occurs after symptoms such as fever, headache, muscle pain, and vomiting
management method	Isolation is recommended during the infectious period (suspension of attendance), and isolation is maintained until no skin rashes appear.	isolation for up to 5 days after the onset of mumps
vaccination	one dose of chickenpox vaccine at 12-15 months of age	two doses of the MMR vaccine administered at 12-15 months of age and 4-6 years of age.

## Prevention Guideline for chickenpox and mumps

-  Practice cough etiquette by covering your mouth and nose with a tissue or sleeve, not your hand, when coughing or sneezing.
-  Wash your hands frequently with soap under running water for at least 30 seconds!
-  If you suspect symptoms appear, seek medical attention at a hospital immediately, and the patient must not attend daycare during the infectious period!
-  Always wear a mask when in contact with outsiders! (A mask approved by the Ministry of Food and Drug Safety is acceptable, but wearing KF80 or higher is commended first.)

## Rubbing Hands: The 6 steps to proper handwashing

#20% reduction in respiratory disease #30% reduction in diarrhea diseases

