

# Preventing chickenpox: Vaccination, hygiene, and other strategies for avoiding varicella zoster virus.

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## Introduction

Chickenpox immunization is extremely protected and powerful at forestalling the infection. A great many people who get the immunization won't get chickenpox. In the event that an immunized individual gets chickenpox, the side effects are generally milder with less or no rashes (they might have quite recently red spots) and low or no fever. The chickenpox immunization forestalls practically all instances of serious ailment. Since the chickenpox immunization program started in the US, there has been more than 97% lessening in chickenpox cases. Hospitalizations and passings have become interesting [1].

## Vaccination

One of the most effective ways to prevent chickenpox is through vaccination. The varicella vaccine is highly effective in preventing chickenpox, with up to 98% efficacy after two doses. The vaccine is recommended for all children, adolescents, and adults who have not had chickenpox or who have not been vaccinated. Two doses of the vaccine are recommended for children, with the first dose given at 12-15 months of age and the second dose given at 4-6 years of age. Adults who have not had chickenpox or who have not been vaccinated should also receive two doses of the vaccine [2].

## Isolation

If someone in your household has chickenpox, it is important to isolate them from others to prevent the spread of the virus. The person with chickenpox should stay at home and avoid contact with others until all of the blisters have crusted over, usually about 5-7 days after the onset of the rash. It is also important to avoid close contact with anyone who has not had chickenpox or who has not been vaccinated [3].

## Hygiene

Practicing good hygiene can also help prevent the spread of chickenpox. This includes washing your hands frequently with soap and water, especially after coming into contact with someone who has chickenpox. It is also important to avoid touching your face or mouth, as the virus can enter the body through the eyes, nose, or mouth [4].

## Boosting the Immune System

Maintaining a healthy immune system can also help prevent chickenpox. This includes eating a healthy diet, getting enough sleep, and exercising regularly. Avoiding stress and practicing relaxation techniques, such as meditation or yoga, can also help boost the immune system.

Chickenpox vaccinations should not be given during pregnancy. If a pregnant woman who has not been vaccinated and isn't immune comes into contact with someone who has chickenpox, she should see a doctor quickly. Within four days of contact, special antibodies can be injected to fight the virus. This is called "passive immunization." It can stop chickenpox from developing fully, or at least lessen the symptoms. Passive immunization is also an option for new-borns if their mother develops chickenpox a few days before or after giving birth. It is done to try to protect the baby from severe symptoms [5].

## Conclusion

Chickenpox can be a serious illness, but it is also preventable. Vaccination is the most effective way to prevent chickenpox, but isolation, good hygiene, and boosting the immune system can also help reduce the risk of infection. By taking these steps, you can protect yourself and others from this contagious and uncomfortable illness.

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