

## Risk Factors and Complications of Chickenpox

Faramarz Bozorgomid\*

Department of Infectious Diseases, University of Tabriz, Bahman Boulevard, Iran

### DESCRIPTION

Chickenpox is an infectious disease which is caused by the varicella-zoster virus. It causes an itchy rash with small, and the fluid-filled blisters. Chickenpox is highly contagious to the people who haven't had the disease or have been vaccinated against it. Today, a vaccine is available that protects children against the chickenpox. Routine vaccination is recommended by the U.S. Centers for the Disease Control and Prevention (CDC). The chickenpox vaccine is very safe and effective way to prevent the chickenpox and its possible complications.

### Symptoms

The itchy blister rash caused by the chickenpox that appears within 10 to 21 days after exposure to the virus and usually lasts about 5 to 10 days. Other signs and symptoms, which may appear within one to two days before the rash, include:

- Fever
- Loss of appetite
- Headache
- Tiredness and a general feeling of being unwell (malaise)

Once the chickenpox rash appears, it undergoes through three phases: Raised pink or red bumps (papules), which break out over few days and small fluid-filled blisters (vesicles), that form in about one day and then break and leak Crusts and then scabs, which cover the broken blisters and may take several more days to heal. New bumps continue to appear for few more days, so you may have all the three stages of the rash bumps, blisters and the scabbed lesions at the same time. Virus can spread to the other people for up to 48 hours before the rash appears, and the virus remains infectious until all broken blisters have crusted over. The disease shows minor cases in healthy children. In severe cases, the rashes can cover the entire body, and the lesions may form in the throat, eyes, and the mucous membranes of the urethra, anus and vagina.

### Causes

Chickenpox infection is mostly caused by the varicella-zoster virus. It can be spread through the direct contact with the rash. It can also spread when a person infected with chickenpox coughs or sneezes and you inhale the air droplets, there is a possibility to get infected.

### Risk factors

Risk of becoming infected with the varicella-zoster virus that may cause chickenpox is higher if we haven't already had chickenpox or if we haven't had the chickenpox vaccine. It's especially important for the people who work in child care or school settings to be vaccinated. Most of the people who have had chickenpox or have been vaccinated against the chickenpox are immune to chickenpox. A few people can get chickenpox more than once, but it occurs in rare condition. If you've been vaccinated and still get chickenpox, symptoms are often milder, with the fewer blisters and mild or no fever.

### Complications

Chickenpox is a mild disease. But it can be severe and can lead to complications including:

- Bacterial infections of skin, soft tissues, bones, joints or bloodstream (sepsis)
- Dehydration and Pneumonia
- Inflammation of the brain
- Toxic shock syndrome
- Reye's syndrome in children and in teenagers who take aspirin during chickenpox

### Prevention

The chickenpox (varicella) vaccine is the best way to prevent the infectious disease. Experts from the Centers for Disease Control and Prevention (CDC) estimates that the vaccine provides complete protection from the virus for nearly 98% of the people who receive both of the recommended doses.

### CONCLUSION

Adults who have never had chickenpox or been immunised will receive two doses of the vaccine four to eight weeks apart. The chickenpox vaccine is not recommended for the following conditions: Women who are pregnant, People with weaker immune systems, such as HIV patients or those taking immune-suppressing medicines. People who are allergic to gelatin or the

**Correspondence to:** Faramarz Bozorgomid, Department of Infectious Diseases, University of Tabriz, Bahman Boulevard, Iran, E-mail: boro34marz@mid.ir  
**Received:** 29-Mar-2022, Manuscript No. JADPR-22- 17094; **Editor assigned:** 01-Apr -2022, PreQC No. JADPR-22- 17094 (PQ); **Reviewed:** 20-Apr-2022, QC No. JADPR-22- 17094; **Revised:** 25-Apr-2022, Manuscript No. JADPR-22- 17094 (R); **Published:** 02-May-2022, DOI: 10.35841/2165-8056.22.10.264  
**Citation:** Bozorgomid F (2022) Risk factors and Complications of Chicken pox. J Infect Dis Preve Med.10:264.  
**Copyright:** © 2022 Bozorgomid F. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

antibiotic neomycin should avoid it. Always talk to the doctor before getting vaccinated. It is better to check with the doctor before people start trying to conceive, he can explain the details about the immunization records.