

## CHICKENPOX

Po'latova Nasiba

Boymurodova Dildora

Teachers of the Technical College of Public Health  
named after Abu Ali ibn Sino

### Abstract:

Chickenpox (lat. Varicella) is the general name of a number of viral infections. It is manifested by the appearance of red rashes and granules all over the body. The disease can be observed repeatedly in very rare cases, usually people get this disease once in their lifetime.

By the mid-1990s, due to the discovery of a vaccine, the number of cases decreased dramatically. Chickenpox is a disease caused by herpes virus type 3.

Smallpox (natural smallpox) is considered a dangerous disease that causes death and is among the infections that require quarantine. Symptoms: general intoxication, high body temperature, watery rashes on the skin and mucous membranes, leaving a deep scar after the rash.

### CHICKEN POX SIGNS AND SYMPTOMS

The rash consists of red granules with a size of 2-4 mm, the granules turn into papules after a few hours, and then into vesicles. After 1-3 days, the vesicles dry up, leaving a superficial crust (wound, scab). At the same time, an enanthema is gradually formed on the mucous membrane - a yellow-gray surface crust.

The infection enters the body about 7-21 days before the onset of rash and other symptoms. A person remains infectious to others for up to 48 hours before the rash begins.

In addition to the rash, other symptoms may last for several days and include:

Fever;

Headache;

Loss of appetite.

A day or two after these symptoms are observed in the patient, the classic rash begins to develop. A person goes through three stages of the disease before recovery. These include:

Red and pink granules develop all over the body;



Granules turn into blisters filled with liquid;

The blisters harden and a surface crust appears.

Rashes on the body do not disappear at once. During the activity of the virus, new vesicles constantly appear. Blisters can be very itchy, especially before a scab (sore) form. It takes 7-14 days for the pimples to completely disappear.

### CAUSES

The varicella-zoster virus (VZV), or chickenpox virus, causes chickenpox. In most cases, infection with the virus occurs as a result of contact with an infected person. VZV remains infectious until all particles are gone.

The virus can spread in the following ways:

Saliva;

Cough;

Assault;

Contact with fluid in blisters.

Chickenpox is spread by airborne droplets. The disease mainly affects children aged 6 months to 7 years. In addition, if pregnant women are sick, there is a possibility that the fetus will also get chickenpox. This can lead to birth defects, such as ugliness. After the disease is cured, stable immunity is formed in the body. The incubation period of chicken pox lasts 11-21 days.

### WHO CAN GET CHICKENPOX?

Immunity or vaccination against infection reduces the risk of exposure to chicken pox. Immunity against the virus can be passed from mother to baby. Immunity lasts three months from birth.

First of all, anyone who has not been exposed to the virus before can get chickenpox.

The risk of infection increases in the following conditions:

Contact with a sick person;

Children under 12 years old;

Adults living with children who have not had chickenpox;

A person who spent time in a school or children's institution;

Individuals whose immune system is weakened by illness or medication.

## DIAGNOSIS OF PORCELSS

If unusual lumps develop on the skin, and especially if the rash is accompanied by symptoms of a cold (ORVI) or flu, it is necessary to consult a doctor as soon as possible.

A doctor can diagnose chickenpox on the basis of the lumps on the skin and the external examination. Laboratory tests confirm the exact cause of the lumps.

## COMPLICATIONS

You should consult a doctor in the following cases:

If the grains spread around the eyes;

If the granules are red and pus is present (signs of secondary bacterial infection);

If chicken pox is accompanied by dizziness or shortness of breath.

Complications usually threaten the following categories of people:

Children;

Elderly people;

People with a weak immune system;

Pregnant women.

## HOW TO TREATE CHICKENPOX

Today, a vaccine against chicken pox has been discovered. Treatment of chicken pox is carried out at home, mainly more rest is recommended. According to the doctor's prescription, interferon helps to reduce complications and prevent the disease. Preparations from medicinal plants are also used. Antibiotics are prescribed for protection and treatment of secondary purulent infection.

Most people diagnosed with chickenpox need to have their symptoms controlled while the virus is active. Parents are advised not to send their children to school. Also, to prevent the spread of the virus, it is necessary to properly care for the child. Infected adults are also advised to stay at home.

The doctor may prescribe antihistamines or ointments to relieve itching. Also, to relieve itchy skin:

Taking hot baths;

Light and soft clothes should be worn.

If there is a risk of developing complications or secondary diseases from the virus, the doctor can prescribe antiviral drugs. These antiviral drugs do not cure

chickenpox, they slow down the activity of the virus. This allows the human immune system to recover faster.

### CHICKENPOX PREVENTION

98% of people who receive the two recommended doses of the chickenpox vaccine are prevented from getting the disease. A child should be vaccinated at the age of 12-15 months. Children are vaccinated again between the ages of 4 and 6 years.

### References:

1. M.F.Ziyayeva. Z.O.Rizayeva. "Bolalarda hamshiralik parvarishi". Toshkent, "Fan va texnologiya" 2012 yil.
2. X.N Fayziyev. « Сестринский уход за детьми » Toshkent, «Ilm ziyo» nashriyoti, 2008 yil
3. K.S Inomov. «Pediatriyada hamshiralik ishi» Toshkent, 2007 yil
4. [www.ziyonet.uz](http://www.ziyonet.uz)
5. <https://mymedic.uz/>