Scottish Paediatric & Adolescent Rheumatology Network Chickenpox Exposure Guideline

**Rheumatology patient significantly exposed to chickenpox**
- Play or direct contact (in the same room) with the index case for >15 minutes during the infectious period (48 hours prior to rash developing, until vesicles all crusted over)
- Direct contact with exposed lesions of herpes zoster

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**Are they immunocompromised?**
Anyone treated with any of the following:
- **Steroids**: Prednisolone equivalent dose - 2mg/kg/day for 1 week or 1 mg/kg/day for at least 1 month, in the last 3 months
- **DMARD**: Methotrexate, Azathioprine, MMF, Ciclosporin, Cyclophosphamide, Leflunomide
- **Biologic**: Etanercept, Infliximab, Adalimumab, Tocilizumab, Abatacept, Anakinra, Canakinumab, Rituximab

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**VZV IgG positive**

**Check varicella zoster virus (VZV) IgG result**

**VZV IgG negative or unknown**

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**Are they heavily immunocompromised?**
Treated with: combination of steroids * plus biologic** or cyclophosphamide

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**No action unless: signs of chickenpox**

**Post exposure prophylaxis**
High dose oral aciclovir **or** IM Varicella Zoster Immunoglobulin

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**Either / Or**

**High dose oral aciclovir**
***From day 7 following contact until day 21***
- < 2 years: 200mg QDS
- 2-6 years: 400mg QDS
- 6-12 years: 800mg QDS
- >12 years: 800mg 5/day

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**IM Varicella Zoster Immunoglobulin (VZIG)**
(Ideally give within 72 hours but can be given up to 10 days following initial contact)
- < 6 years: 250mg
- 6-11 years: 500mg
- 11-15 years: 750mg
- >15 years: 1g

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If further exposure occurs more than 3 weeks after 1st dose
Consider 2nd dose VZIG **or**
give high dose oral aciclovir ***

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**Give high dose IV aciclovir**
3 months-12 years: 500mg/m² TDS
>12 years: 10mg/kg TDS

Ensure adequate hydration
Continue until fever and constitutional symptoms have resolved and no new spots for 48 hours then consider switching to oral route and completing a minimum of 7 days treatment in total.
Withhold NSAID, DMARD & biologic** until all spots crusted over.

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**Signs of chickenpox?**

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References:


5. Department of Health. Immunisation Against Infectious Disease. (The Green Book). Chapter 34 Varicella v2.0
