

Exposure to Chickenpox

If you are pregnant you should be aware that there may be a risk to your unborn child. The NHS recommends;

If you haven't had chickenpox;

You should get advice from your GP or midwife immediately, even if you have no rash or other symptoms, if:

- you're pregnant and you know you haven't had chickenpox
- you're not sure, and you've been near someone with chickenpox or shingles

It's rare for chickenpox to cause complications for the woman and her baby.

You should also get medical advice straight away if:

- you're pregnant and you think you may have chickenpox
- you develop any rash when you're pregnant, including a rash that develops after contact with someone who has chickenpox or shingles

If you have had chicken Pox

If you've already had chickenpox, it's extremely unlikely that you will get it again. However women who have come into contact with someone with chickenpox or shingles should see their GP if a rash develops.