



Friday, December 9, 2022

Public Health Sudbury & Districts advises of a potential exposure to Varicella (Chickenpox)

Public Health Sudbury & Districts is advising of a potential exposure to Varicella (Chickenpox) to individuals who attended Northwood Medical Clinic – South End 4 Corners (2009 Long Lake Road) in Greater Sudbury between the hours of 10:25 a.m., and 1:00 p.m. on Saturday, December 3, 2022.

Chickenpox is caused by the varicella-zoster virus and is a common, vaccine-preventable childhood infection. Infection is usually mild in children; however, some individuals, **including immunocompromised persons, hematopoietic stem cell transplant (HSCT) recipients, and pregnant persons, may be at increased risk of severe illness. These individuals should consult their health care provider as soon as possible.**

Health care workers are recommended to notify their employer of their potential exposure and follow any workplace requirements as per their agency policy.

Individuals who have been previously infected, or who have received two doses of a varicella-containing vaccine, are unlikely to become infected from a new exposure.

Actions to take for potential exposure:

Any individual who was present at the Northwood Medical Clinic – South End 4 Corners on December 3, 2022, between the hours of 10:25 a.m. and 1:00 p.m., is advised to adhere to the following public health guidance:

- **Self monitor for symptoms for 21 days:** Chickenpox begins with a fever, headache, sore throat, or stomach-ache. About two to three days later, itchy red bumps that look like pimples appear and become small fluid-filled blisters that typically heal within five days. Some individuals may only experience a few blisters, while others can have many blisters over their entire body. Blisters can become infected, and in rare cases chickenpox can cause other complications such as pneumonia and encephalitis.

Sudbury

1300 rue Paris Street
Sudbury ON P3E 3A3
t: 705.522.9200
f: 705.522.5182

Elm Place

10 rue Elm Street
Unit / Unité 130
Sudbury ON P3C 5N3
t: 705.522.9200
f: 705.677.9611

Sudbury East / Sudbury-Est

1 rue King Street
Box / Boîte 58
St.-Charles ON P0M 2W0
t: 705.222.9201
f: 705.867.0474

Espanola

800 rue Centre Street
Unit / Unité 100 C
Espanola ON P5E 1J3
t: 705.222.9202
f: 705.869.5583

Île Manitoulin Island

6163 Highway / Route 542
Box / Boîte 87
Mindemoya ON P0P 1S0
t: 705.370.9200
f: 705.377.5580

Chapleau

34 rue Birch Street
Box / Boîte 485
Chapleau ON P0M 1K0
t: 705.860.9200
f: 705.864.0820

toll-free / sans frais

1.866.522.9200

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- **If you develop symptoms or are diagnosed with chickenpox:** There is no specific treatment. Confirmed cases and their contacts should avoid contact with immunocompromised individuals, pregnant people (particularly those in the third trimester), and avoid contact with newborns. Contact your health care provider if you have any questions or concerns.

Use of Varicella-zoster Immune Globulin (Varlg): If you spent more than one hour in the waiting room of the clinic on the above noted date and time and are an immunocompromised individual* or hematopoietic stem cell transplant (HSCT) recipient, please contact your health care provider as soon as possible to discuss the option of Varlg. Optimal benefit of Varlg is achieved if administered within 96 hours after first exposure, with protection lasting approximately three weeks. If Varlg is used between 96 hours to 10 days after exposure it may help to attenuate disease.

For all reporting, inquiries, or comments, please contact:

Public Health Sudbury and Districts at 705.522.9200, ext. 772.

For after-hours inquiries from health care providers please call 705.688.4366.

Background

For more information on varicella, please visit:

<http://www.phac-aspc.gc.ca/im/vpd-mev/varicella-eng.php>

Sincerely,



Imran Adrian Khan, BSc, MBBS, MPH, CCFP, FRCPC
Public Health Physician
Public Health Sudbury & Districts, for

P. Sutcliffe, MD, MHSc, FRCPC
Medical Officer of Health

***Immunocompromised individuals include:** those with congenital or acquired immunodeficiency due to disease or those receiving immunosuppressive treatment, those receiving high-dose systemic corticosteroid therapy (e.g., a dose of $\geq 2\text{mg/kg}$ per day of prednisone or equivalent or $\geq 20\text{mg}$ per day, particularly when given more than 2 weeks).