



**ADMINISTRATIVE CENTER**

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**SUPERINTENDENT**

Mr. Jeremy Calles

May 12, 2026

Dear Parents/Guardians of Tolleson Union/University High School,

**Chickenpox Exposure Notice**

If you or your child were at the Tolleson Union or University High School campus between May 1, 2026 and May 11, 2026, you or your child might have been exposed to the chickenpox (varicella) virus.

Chickenpox is a highly contagious disease, but you may already be protected if you were ever immunized or if you ever had the disease before. Chickenpox was a very common childhood disease until recently, and most adults already had the disease as children.

The CDC and Maricopa County Department of Public Health recommend 2 doses of varicella vaccine for healthy people aged 12 months and older, if they do not have evidence of immunity to varicella.

Chickenpox is spread primarily by coughing, sneezing, and direct contact with fluids from the nose, mouth, throat, or lesions (the skin rash) of an infected person.

The symptoms of chickenpox are:

- Fever (1-2 days prior to rash)
- Malaise (feeling of being run down, tired, sick)
- Rash (may last 5-10 days)
- Itching

The rash can be seen and felt, and then appears as small fluid-filled blisters (vesicles). The blisters break and then scab over. A person with chickenpox is contagious until all the blisters have dried and crusted.

It usually takes about 2 weeks before you start to feel sick after exposure, but may take as long as 21 days. If you or your child develop these symptoms, please contact your healthcare provider immediately. If you need to visit a healthcare facility, please call them ahead of time so you don't expose other patients at the facility. Please keep your child home until fever-free for 24 hours and until all sores are crusted.

Chickenpox can be more dangerous in a person whose immune system is compromised (such as by HIV infection), or in a pregnant woman near delivery. If you are such a person, even if you don't feel sick, please consult with your health care provider.

Sincerely,

Martin Perez  
Principal  
Tolleson Union High School District

Vickie Landis  
Principal  
University High School