



April 8, 2026

Community Announcement

**Chickenpox (Varicella) Exposure at Tséhootsooí Medical Center
Emergency Department April 4, 2026**

FORT DEFIANCE, AZ – Fort Defiance Indian Hospital Board (FDIHB) has confirmed that a person infectious with varicella (chickenpox) was in the Tséhootsooí Medical Center Emergency Department waiting areas on **Saturday, April 4, 2026 from 12 p.m. to 5 p.m.** FDIHB is working to notify individuals who have potentially been exposed. Individuals who were at the location at the dates listed below may have been exposed and should monitor for any signs or symptoms of illness.

Location	Exposure Date	Watch for Symptoms Until
Tséhootsooí Medical Center Emergency Dept. (Fort Defiance, AZ)	April 4, 2026 12 pm – 5 pm	April 25, 2026

What is Varicella (chickenpox): Varicella (chickenpox) is a highly contagious viral disease. Symptoms include: high fever, cough, blister-like rash, itching, tiredness, and runny nose. It can lead to serious complications in unprotected babies, pregnant individuals, and those with weak immune systems.

What to do if you were at the specified location on the date and time of exposure:

- Individuals who were in this location and know that they have never had chickenpox and have not received 2 doses of the varicella vaccine should contact Tséhootsooí Medical Center as soon as possible at 928.729.8000, because receiving the vaccine or immune globulin within 5 days after the exposure can prevent illness.
- Anyone who develops varicella symptoms should stay home and seek medical attention if symptoms become severe. Symptoms usually develop 8 to 21 days after an exposure.
- If you seek medical attention, call ahead and let them know you have been exposed to chickenpox before entering the building.

How to Prevent Varicella: The best way to prevent chickenpox (varicella) is through vaccination. Children should receive their first dose at 12 months and the second at age 4, unless medically contraindicated. Check with your healthcare provider to ensure vaccinations are up to date. Vaccines are available at Tséhootsooí Medical Center: Primary Care Clinic 928.729.8032 and Pediatric Clinic 928.729.8710.

For more information about Varicella (chickenpox) visit: www.cdc.gov/chickenpox/about/index.html For updates and changes, please look at our Facebook or Instagram pages.

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