



**Government of the Republic of Trinidad and Tobago**

Ministry of Health

COMMUNICATIONS UNIT

#4-6 Queen's Park East, Port of Spain 101002

**M E D I A   R E L E A S E**

**May 28, 2026**

**Public Health Advisory: Suspected Varicella (Chickenpox) Cases  
among Healthcare Workers**

**Port of Spain, May 28, 2026:** The Ministry of Health advises the public that the Eastern Regional Health Authority (ERHA) is actively managing several suspected and probable cases of varicella (commonly known as chickenpox) identified among healthcare workers at the Sangre Grande Hospital Campus.

**Vaccination Strategy and Public Health Response**

Through ongoing contact tracing activities, exposed staff members across affected departments have been identified and assessed for inclusion in a targeted varicella vaccination drive. To support this intervention:

- **Vaccine Deployment:** The Ministry has mobilized and delivered necessary vaccine supplies to the affected health regions, prioritizing the immediate protection of frontline healthcare workers.
- **Health Education & Sensitization:** Public health surveillance teams have been deployed to conduct comprehensive health education and sensitization sessions with hospital staff regarding varicella transmission, prevention, and ongoing safety protocols.

At this time, healthcare services continue to operate, and there is no indication of widespread community transmission associated with these cases. The situation remains under close surveillance by public health and infection prevention teams.



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Chickenpox is a common viral illness that spreads mainly through respiratory droplets or direct contact with fluid from skin lesions. While chickenpox is often mild in children, it can pose greater risks to pregnant women, newborns, immunocompromised persons, and adults who have never had the infection or vaccination.

The Ministry of Health advises citizens to take the following preventative measures:

- Wash hands regularly with soap and water or use alcohol-based hand sanitizers.
- Avoid close contact with persons displaying fever, rash, or blister-like skin lesions.
- Cover coughs and sneezes appropriately.
- Keep children or adults with suspected chickenpox at home and away from school, work, or public gatherings until all lesions have dried and crusted over.
- Seek medical advice if symptoms such as fever, fatigue, or an itchy blister-like rash develop.
- Pregnant women and immunocompromised individuals who believe they may have been exposed should contact their healthcare provider promptly.

Parents and guardians are also encouraged to ensure that children's immunizations are up-to-date, including chickenpox vaccination where necessary.

The Ministry continues to monitor the situation closely and will provide further updates if necessary. Citizens are reminded that calm adherence to public health guidance and responsible infection prevention practices remain the most effective means of limiting spread.

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