



Fifth Disease

Parent Resource Template

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DEFINITION

- Fifth Disease is a viral illness caused by the human parvovirus B19. It is a common viral infection in children.
- This condition is not caused by the same parvovirus that can affect dogs or cats.

SYMPTOMS

- Mild fever
- Headache, muscle aches, vomiting or diarrhea.
- Sore throat, runny nose, coughing and sneezing.
- Red "slapped cheek" rash appears 4-14 days after these symptoms develop. This characteristic rash is followed by a lace-like rash on the trunk, arms, bottom, and legs. Rash may disappear and reappear for weeks, usually after exposure to heat.
- When rash appears, the individual usually does not feel ill and is no longer contagious.
- Adults with fifth disease may complain of joint stiffness.

PREVENTION

- Cover nose and mouth when coughing and sneezing. Dispose of used tissues.
- Frequent and thorough handwashing is important.
- Avoid sharing eating utensils or straws.

TREATMENT

- Non-aspirin fever reducing medication may be used to treat fever.

POSSIBLE COMPLICATIONS

- Pregnant women exposed to fifth disease are at greatest risk. There is a slight risk to the fetus in women not previously exposed. About 50% of all adults have been exposed to fifth disease in the past and have immunity.

RETURN TO SCHOOL

- When student is fever-free for 24 hours without the use of fever-reducing medication.

CALL YOUR HEALTH PROVIDER

- If you are a pregnant woman and have been exposed to fifth disease.
- If your child is uncomfortable with symptoms of illness, and unable to participate in their usual activities.

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Information compiled from the American Academy of Pediatrics