

Fifth Disease Guidelines

WHAT IS FIFTH DISEASE?

Fifth disease, also called erythema infectiosum, is a common and highly contagious childhood ailment causing a distinctive face rash. It is caused by the human parvovirus B19 virus.

COMMON SIGNS & SYMPTOMS

- Cheek rash (appears 1-3 weeks after symptoms)
- Sore throat
- Fever
- Upset stomach
- Headache
- Fatigue
- Itching
- Muscle aches
- Coughing
- Runny nose



CONTAGIOUS TIME PERIOD:

Onset of symptoms until rash appears.

TIME FROM EXPOSURE TO SYMPTOMS:

15-50 days, average 28-30 days.

SPREAD BY:

Contact with respiratory secretions.

TREATMENT / SELF-CARE:

Improves without seeking treatment, over-the-counter pain relief medications.

ACTION AT SCHOOL:

Exclude the child from school until fever-free (99.9 F or below) for 24 hours without the use of any fever reducing medications.

CONSIDERATIONS AND PREVENTION MEASURES:

Good handwashing and hygiene. Proper disinfection of surfaces. Cover coughs and sneezes with tissue or elbow.