



Fifth Disease (Slapped Cheek Syndrome)

Your child may have been exposed to this disease

If your child has symptoms, please contact your child's healthcare provider.

If my child has this disease, when can he or she return to school or child care?

Children with Fifth Disease may not return to school until fever and rash are gone.

What is Fifth Disease?

Fifth Disease is an illness caused by a virus called Parvovirus B19.

It causes:

- Low or no fever (less than 100.4 degree F)
- Runny nose
- Headache
- Red cheeks
- A rash on the body, which is sometimes itchy
- Joint pain (for adults)

Symptoms usually start 4 to 14 days after a person is exposed to the virus.

Fifth Disease is more common in children than adults. Children with immune system problems caused by leukemia, cancer or organ transplants are at risk for serious complications from fifth disease. It can cause chronic anemia that requires medical treatment

How is Fifth Disease spread?

- Coughing and sneezing
- Contact with saliva and mucus from the sick person

A sick person can spread the virus about 2 weeks before the onset of the rash. Usually people are not contagious after the rash appears.

What can I do now?

Watch your child for symptoms of this disease. Call your child's doctor or health care provider if your child becomes sick. If a child with immune system problems or a pregnant woman has been exposed to someone sick with Fifth Disease, or starts to have symptoms, call the doctor right away.

If your child gets sick, prevent others from getting ill by:

- Washing your hands with soap and water often.
- Telling a sick person to sneeze and cough into the arm or shoulder, not the hand.
- Instructing other people in the home to avoid touching their face without washing their hands first.
- Keeping your child home until he or she is healthy.
- Clean commonly touched items and surfaces, such as toys and doorknobs.

For more information, contact your health care provider, your School Nurse at 619-258-2231, the San Diego County Health Department at (858) 694-3900, or visit: www.cdc.gov/parvovirusb19/fifth-disease.html 2019