What is fifth disease?
Fifth disease is a mild rash illness caused by parvovirus B19. It is more common in children than adults.

A person usually gets sick with fifth disease within 4 to 14 days after getting infected with parvovirus B19.

What are the symptoms?
- Fever
- Runny nose
- Headache
- Bright red rash on cheeks followed by a lacy rash over the rest of the body that may itch. **Rash may last for 5 to 7 days.**
- Adults may have joint pain and swelling

How can it be spread?
- If an infected person coughs or sneezes, the virus can spread to another person who is close by.
- Less commonly, it can be spread through blood or blood products.
- An infected pregnant woman can pass the virus to her fetus.
- Once a rash appears, the person is no longer contagious.

How is it treated?
Fifth disease is usually mild and will resolve on its own.

There is no specific treatment since fifth disease is a virus **BUT** symptoms can be reduced by getting rest, drinking plenty of fluids **AND** treating fevers with non-aspirin products such as acetaminophen or ibuprofen.

How can it be prevented?
- **Wash** hands frequently
- **Cover** coughs or sneezes with tissues or a sleeve
- **Avoid** close contact with people who are sick
- **Do NOT** touch eyes, nose or mouth, especially if infected with the virus

Pregnant women who may have been exposed to fifth disease should call their health care provider immediately.