



FIFTH DISEASE FACT SHEET

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

Symptoms may begin from 4 to 20 days after exposure

How can it be prevented?

- Use tissue to catch sneezes and coughs and dispose of used tissues in trash
- Wash your hands frequently
- **Avoid** close contact with people who are sick
- Do **NOT** touch your eyes, nose or mouth especially if infected with the virus
- **If you are pregnant and think you have been exposed to Fifth disease, call your health care provider immediately**

How can it be spread?

- Mostly by respiratory droplets
- Via blood products
- If infected person coughs or sneezes, the virus can spread to another person who is close by
- **Once rash appears, person is no longer infectious**
- Infected pregnant woman can pass virus onto fetus

How it is treated?

Fifth disease is usually mild and can be resolved on its own.

- 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 (acetaminophen, ibuprofen)