

## 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

### 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.**

More Information: <http://www.cdc.gov/parvovirusb19/fifth-disease.html>

### 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.

