

FIFTH DISEASE



Fact Sheet

Fifth Disease is a mild viral illness from which most children will recover in a short period of time without problems. Fifth Disease is spread when an ill person coughs, sneezes or talks and small droplets get into the nose or mouth of someone close by.

SYMPTOMS:

Symptoms occur 4-20 days after exposure, but not everyone exposed will develop symptoms.

- Low grade fever
- Runny nose/congestion
- Red rash on face (slapped cheek appearance)
- Rash spreads to trunk, arms and legs and looks “lace like.” It can come and go for several weeks.
- Headache
- Some develop pain and swelling in their joints. This is more common in adults, especially women.

See your health care provider for symptoms that are severe or do not get better.

If you would like to learn more about this, and other communicable diseases, go to <http://www.cdc.gov>.

This fact sheet was created by the Health Services Department of Beaverton School District and has been approved by the Washington County Health Department, Disease Control and Prevention Program.

HOW TO PREVENT GETTING & SPREADING FIFTH DISEASE:

Preventive measures are important in minimizing the spread of Fifth Disease because a person is most contagious before the rash appears.

- Wash your hands often with soap and water. (Alcohol sanitizer is NOT a replacement for washing hands.)
- Avoid close contact with people who are sick.
- Cover your mouth and nose with a tissue when coughing or sneezing. If you don't have a tissue, cover your mouth with your sleeve.

It's called “fifth” disease because it's the fifth of six common rash-producing illnesses seen in children.

There is no vaccine for Fifth Disease.

Anyone with a chronic illness, weakened immune system or is pregnant should discuss the possibility of exposure with their doctor.

