



CALHOUN COUNTY

Public Health Department

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Fact Sheet

Fifth Disease

What is fifth disease?

Fifth disease is a viral infection caused by human parvovirus B19. It is a common childhood disease, but adults are susceptible. Once you have had the disease, you are usually immune from getting it again.

Who gets fifth disease?

Fifth disease most commonly occurs in elementary-age children, although anyone can contract the virus.

What are the symptoms of fifth disease?

Symptoms of fifth disease appear within 14 days after getting infected with parvovirus B19.

Common symptoms include:

- Fever
- Runny Nose
- Headache
- Rash: commonly appears on the face (hallmark "slapped cheek" rash), but can progress onto the chest, back, buttocks, arms, or legs
- Painful or swollen joints: more common in adult females

How is fifth disease spread?

Fifth disease is spread through direct contact with respiratory secretions when an infected person coughs or sneezes. A person is contagious for about a week before the rash begins.

Pregnant women can spread the parvovirus through the blood to their child.

How is fifth disease diagnosed?

Fifth disease is diagnosed through physical symptoms, such as facial rash, and blood tests. The blood test is not commonly performed but can be performed under certain circumstances. Pregnant individuals should contact their healthcare provider as soon as possible if they have been exposed.

What is the treatment for fifth disease?

There is no specific treatment for fifth disease. Fever should be treated with non-aspirin products. Patients should also get plenty of rest and fluids.

Are there complications from fifth disease?

Many individuals only experience mild symptoms. Complications usually occur in individuals who have an impaired immune system. Everyone who suffers from these conditions should consult a physician if they are exposed to the virus.

Some studies have shown that a few women infected while pregnant have a higher risk of miscarriage early in pregnancy. Also, the virus may infect the fetus and cause complications. Pregnant women who are exposed should consult their doctor as soon as possible.

How can fifth disease be prevented?

There is no vaccine to prevent infection with this virus.

Additional preventative measures include:

- Washing hands often with soap and warm water
- Covering mouth and nose when coughing or sneezing
- Avoiding touching eyes, nose, mouth
- Avoiding close contact with infected individuals
- Remaining at home when infected or ill

How do I get more information on fifth disease?

Calhoun County Public Health Department

Phone: 269-969-6383

 www.facebook.com/CCPublicHealthDepartment/

Centers for Disease Control and Prevention

Phone: 800-232-4636 (800-CDC-INFO)

Website: <https://www.cdc.gov/parvovirusb19/>

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This fact sheet is meant to provide general health information and is not intended to be medical advice or otherwise take the place of your doctor's orders or to diagnose your specific health problems. Check with your doctor if you have any questions or concerns about your health.