

## Treatment

Comfort measures only. Consult with your family physician as needed.

## Exclusion from School

Exclude if fever or cold-like symptoms are present. After the rash appears and the diagnosis is made, the child is unlikely to be contagious and need not be excluded.

## Control Measures

1. Good hand washing
2. Disposal of used facial tissue



**SAGINAW COUNTY  
DEPARTMENT OF PUBLIC HEALTH**  
*protecting and promoting the public's health since 1928*

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**FIFTH DISEASE**



**Information  
Brochure**



# FIFTH DISEASE

## Erythema Infectiosum

### Fifth Disease

A very common viral infection seen mostly in pre-school and school aged children, but may also affect adults. Peak season is from late winter to early spring.

### Mode of Spread

Primarily through close contact with respiratory secretions and droplets such as coughing, sneezing, laughing, talking, and singing.



Use of shared objects such as toys, doorknobs, etc.



- Fifth Disease is most contagious before the rash appears, when cold symptoms are present.

- Pregnant women exposed to Fifth Disease should notify their prenatal care doctor. Effects on the fetus are greatest in the first trimester, although less than 10% of pregnant women exposed become infected, since most adults are already immune.



### Incubation Period

Average number of days until rash appears is 4-14. It can be as long as 28 days.



### Symptoms

1. Mild fever/cold signs & symptoms
2. Headache
3. Tired, sore muscles
4. Rash - starts on the face with very red cheeks (slapped cheeks), then spreads to the trunk, arms, legs, and buttocks with a lace-like appearance
5. The rash fades, but may reappear off and on for 1-3 weeks if exposed to sunlight or heat such as a warm bath.
6. Adults have little or no rash, but have complaints of arthritis.