

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.