



Fifth Disease (Slapped Cheek Syndrome)

Your child may have been exposed to this illness on _____.
Date(s)

Please check your child for symptoms through _____.
Date

If your child has symptoms, please contact your child's healthcare provider.

If my child becomes sick, when can they return to school or child care?

Children with Fifth Disease are not excluded from school or child care as long as their health care provider has ruled out other rash-illnesses and they are able to meaningfully participate in activities. Persons with Fifth Disease are no longer contagious once the rash begins.

Fifth Disease is an illness caused by a virus called Parvovirus B19. It causes:

- Low or no fever (less than 100.4 degree F)
- Runny nose
- Headache
- Red cheeks
- A rash on the body, which is sometimes itchy
- Joint pain (for adults)

Symptoms usually start 4 to 14 days after a person has contact with a sick person.

Fifth Disease is more common in children than adults. Children with immune system problems are at risk for serious complications. This illness can cause chronic anemia that requires medical treatment.

What can I do now?

Watch your child for symptoms. Call your child's health care provider if they become sick. Exposed persons with weakened immune systems or who are pregnant should contact their health care provider.

If your child gets sick, prevent others from getting this illness by:

- Washing your hands frequently with soap and water for at least 20 seconds.
- Sneezing and coughing into the arm or shoulder, not the hand.
- Avoiding touching your eyes, nose, and mouth.
- Cleaning commonly touched surfaces, such as doorknobs.

How is Fifth Disease spread?

Fifth Disease is spread by touching or breathing in the virus germs that come from a sick person. This happens by:

- Coughing and sneezing
- Contact with saliva, mucus, or blood from the sick person
- Touching fluid from the mouth, nose or eyes of a sick person

A sick person is most contagious early in their infection, when they typically have a fever or cold-like symptoms. Usually people are not contagious after the rash appears.