

## PARENT ALERT

Contagious disease exposure in room \_\_\_\_\_ on \_\_\_\_\_.

### FIFTH DISEASE (Human Parvovirus B19)

**WHAT IS IT?** Fifth Disease (also known as Erythema Infectiosum) is a viral infection. Initial symptoms are usually mild and may include fever, headache, runny nose, fatigue and muscle aches. Red "slapped cheek" rash appears 4 to 14 days after these signs and symptoms. This characteristic rash is followed shortly by a lacelike-appearing rash proceeding from trunk to arms, buttocks and thigh, and can come and go for several weeks. Some infected individuals do not have any signs or symptoms.

**WHEN CAN YOU CATCH IT?** Fifth Disease is contagious *until* the rash appears. Disease is usually mild and will go away on its own.

**HOW CAN YOU CATCH IT?** The virus spreads through respiratory secretions, such as saliva, sputum, or nasal mucus, when an infected person coughs or sneezes, or from surfaces or hands that have been coughed, sneezed, or drooled upon. A previous infection with Fifth Disease seems to provide immunity.

**HOW LONG BEFORE SYMPTOMS APPEAR?** 4 to 14 days but can be as long as 21 days.

**WHAT ARE POSSIBLE COMPLICATIONS?** Usually mild for children and adults who are healthy. At risk for serious complications for immunocompromised individuals such as pregnant or suspect to be pregnant women, with chronic anemia, leukemia, cancer, organ transplants, or HIV infection.

#### WHAT SHOULD YOU DO?

1. Seek medical advice from your pediatrician.
2. Contact your physician if you think you might be pregnant.
3. Use good hand-hygiene, cleaning and disinfecting contaminated items.

#### WHAT WILL THE STAFF DO?

1. Sanitation of contaminated items. Proper disposal of dirty facial tissues.
2. Practice good handwashing and prevent contact with respiratory secretions.
3. Follow Center's infection control policy and distribute Parent Alert.

**WHAT CAN YOU DO FOR THE INFECTED CHILD?** Follow proper hand hygiene, respiratory etiquette and medical advice.

**WHEN CAN THE CHILD RETURN TO CLASS?** When child feels well enough to participate and meeting criteria to return to class. *If you have any questions, please contact your childcare center and healthcare provider.*

References: [About Fifth Disease | CDC](#), 2019, Managing Infectious Diseases in Child Care and Schools. American Academy of Pediatrics, 5<sup>th</sup> Edition, pg. 95.