



FIFTH DISEASE FACT SHEET

WHAT IS FIFTH DISEASE?

Fifth disease is a mild rash illness caused by parovirus B19. It is more common in children than adults. A person usually gets sick with fifth disease within 4 to 14 days after getting infected with the virus. Once you recover, you develop immunity that generally protects you from parovirus B19 in the future. This illness is usually not a problem for pregnant women and their babies. Children and adults who are otherwise healthy usually recover completely.

HOW DO YOU GET FIFTH DISEASE?

Fifth disease spreads through direct contact with saliva or nasal mucus when an infected person coughs or sneezes. Those infected with fifth disease are most contagious before the rash develops. Once a person gets the rash, he or she is more than likely not contagious and is safe to return to work, school, or child care.

SYMPTOMS

- Fever
- Runny nose
- Headache
- Rash on face and body. The rash on the face can resemble a "slapped cheek."

TREATMENT

Fifth Disease is treated with an antiviral drug. Discuss treatment options with your doctor.

PREVENTION

- Cover your coughs and sneezes
- Avoid touching your face with unwashed hands
- Avoid close contact with sick people
- Stay at home if you are sick
- Frequent hand washing with soap and water

DPHD EFFORTS:

Reports of suspected and confirmed cases of disease are made to the Delaware Public Health District (DPHD). The DPHD investigates potential sources of illness, conducts surveillance for the spread of disease, and engages in community outreach and education.