EXPOSURE NOTICE: Fifth Disease

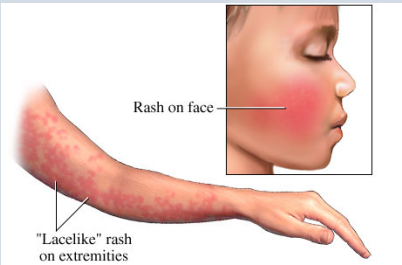
Fifth disease is a mild rash illness caused by a virus. It is most often seen in children. The virus spreads from an infected person to others through saliva, coughs and sneezes. A person with fifth disease is most contagious (able to spread the disease to others) when they have symptoms similar to a cold, but before the rash begins. Fifth disease has no specific treatment and will go away by itself. Pregnant women should talk to a doctor if they have been near someone with fifth disease.

PREVENT THE SPREAD OF FIFTH DISEASE

- Wash hands often with soap and water.
- Cover coughs and sneezes. Teach children to do the same.
- Clean and disinfect things that are touched often, including toys.
- Avoid close contact with people who are sick.
- Stay home when you or your child are sick.

WHAT TO LOOK FOR

- Fever
- Sore throat
- Runny nose
- Headache



- Red rash on face
- Joint pain or swelling (mostly in adults)

WHEN CAN MY CHILD GO BACK TO SCHOOL OR CHILD CARE

Children with fifth disease do not need to stay home from school or child care unless the child has an underlying blood disorder or weak immune system.

The child care setting may ask that your child stay home longer if they have other symptoms that would exclude them from coming to child care.

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