

Dear Parents / Guardians,

A diagnosis of Fifth Disease has been reported in your child's classroom. Fifth Disease is a communicable disease caused by parvovirus B19. Transmission usually occurs after contact with respiratory secretions such as saliva or mucus. Fifth disease is usually mild and will go away on its own. Children and adults who are otherwise healthy usually recover completely.

Signs and symptoms include:

- Initial symptoms include fever, runny nose and headache. Generally seen as "just a cold".
- After several days, a red rash to the face can be seen. This "slapped cheek" rash is the most recognizable symptom of Fifth Disease.
- A second rash may appear a few days later and can occur on chest, back, buttocks, or arms, legs and feet; usually goes away in 7-10 days. This rash may be itchy, especially on the soles of the feet.
- Pain and swelling in the joints lasting 1-3 weeks; more commonly seen in adults.

How Fifth Disease is spread:

- People are most contagious before a rash or joint pain occurs, during the initial "just a cold" symptoms. After the rash appears, a person is usually no longer contagious. The CDC states that it is usually safe for a child to return to school once the rash appears.
- Contact with respiratory secretions such as saliva or mucus
- Contact with blood or blood products

Treatment of Fifth Disease:

- Fifth Disease is usually mild and will go away on its own.
- Treatment usually involves relieving symptoms, such as fever, itching, and joint pain as directed by your physician.
- People with weakened immune systems caused by Leukemia, Cancer, or organ transplants are at risk for serious complications from Fifth Disease and may require further medical treatment.

Prevention and Home Management:

- Frequent hand washing with soap and water
- Covering your mouth and nose with your inner elbow when you cough or sneeze
- Avoid touching eyes, nose and mouth
- If there is a pregnancy in the home, contact your physician for further instructions.

For any further information consult your building nurse or visit:

<https://www.cdc.gov/parvovirusB19/fifth-disease.html>

Thank you for your part in keeping our Yorkville students healthy.