



A NOTE FROM NURSE MICHELLE

Exposure Notice: Fifth's Disease ("Slapped Cheek" Syndrome)

What is it: A mild illness usually affecting children caused by Parvovirus B19.

Symptoms: Initial symptoms are usually mild and may include **fever, runny nose, and/or headache**. Later in the illness, a **rash** may appear on the face. Some children will get a 2nd rash on their chest, back, buttocks, arms, and legs. The rash typically resolves within 7-10 days and varies in intensity.

Is it contagious? Yes, but by the time the rash appears, the child is *probably* no longer contagious. A child infected with the virus is most contagious during the early part of the illness before the rash appears.

How does it spread? The virus is found in saliva, sputum and/or nasal mucus of an infected person before the rash appears. It spreads primarily through contact with infected respiratory secretions.

Prevention: Good handwashing, covering the mouth/nose when coughing/sneezing, avoiding touching the eyes, nose, or mouth, avoiding close contact with sick people, and staying home when sick.

Exclusion and readmission criteria: Children with Fifth's disease may attend school once the rash appears because they are no longer considered contagious. Children with a fever should remain in exclusion until they are **fever free for 24 hours without the use of anti-fever medications**. See the Circle USD 375 District Health Policy Guidelines for more information regarding other symptoms.

Questions? Contact Michelle Swift, R.N. at mswift@usd375.org