



Fifth Disease

Date: \_\_\_\_\_

To Parent/Guardian of: \_\_\_\_\_

Your child has been exposed to Fifth Disease. Fifth Disease is a mild viral rash illness spread by upper respiratory secretions that primarily affects children ages 2 to 15 years.

Symptoms may include mild discomfort and low-grade fever (only 15-30% of cases experience these symptoms), followed by a red rash on the cheeks (“slapped-cheek appearance”) for 1-4 days, and finally a lacy pink to red, flat to slightly raised rash on the arms, legs and sometimes trunk that usually lasts 5-10 days. After the rash subsides, there may be periodic recurrences brought on by heat or sunlight for several weeks. Some children may experience pain in the joints 2 to 3 weeks after the initial onset of symptoms, but this is rare.

Once the rash appears, the period of communicability is usually over (the child is no longer contagious). Since most children show no other signs of illness, the Texas Department of Health does NOT recommend that students be excluded from school with this illness unless there is fever greater than 100 degrees. The incubation period, or time between exposure and signs of illness, is 4-14 days. Pregnant women who are exposed to fifth disease should contact their physician.

Should your child develop a rash please contact your physician for a medical diagnosis. There is no specific treatment for this illness. Tylenol may be given for fever or discomfort. Never give aspirin to your child unless instructed to do so by your physician.

As always, feel free to call me if you have any questions or concerns.

Sincerely,

\_\_\_\_\_  
School Nurse