

Fifth Disease Information

Fifth disease is a mild rash illness caused by parvovirus B19. This disease, also called erythema infectiosum, got its name because it was fifth in a list of historical classifications of common skin rash illnesses in children. 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 parvovirus B19.

Signs & Symptoms

The first symptoms of fifth disease are usually mild and may include:

- fever,
- runny nose, and
- headache

Then you can get a rash on your face and body

After several days, you may get a red rash on your face called "[slapped cheek" rash](#). This rash is the most recognized feature of fifth disease. It is more common in children than adults. Some people may get a second rash a few days later on their chest, back, buttocks, or arms and legs. The rash may be itchy, especially on the soles of the feet. It can vary in intensity and usually goes away in 7 to 10 days, but it can come and go for several weeks. As it starts to go away, it may look lacy.

You may also have painful or swollen joints

People with fifth disease can also develop pain and swelling in their joints (polyarthropathy syndrome). This is more common in adults, especially women. Some adults with fifth disease may only have painful joints, usually in the hands, feet, or knees, and no other symptoms. The joint pain usually lasts 1 to 3 weeks, but it can last for months or longer. It usually goes away without any long-term problems

Complications

Fifth disease is usually mild for children and adults who are otherwise healthy. But for some people fifth disease cause serious health complications. People with weakened immune systems caused by leukemia, cancer, organ transplants, or HIV infection are at risk for serious complications from fifth disease. It can cause chronic anemia that requires medical treatment.

Transmission

Parvovirus B19—which causes fifth disease—spreads through respiratory secretions (such as saliva, sputum, or nasal mucus) when an infected person coughs or sneezes. You are most contagious when it seems like you have "just a cold" and before you get the rash or joint pain and swelling. After you get the rash you are not likely to be contagious, so then it is usually safe for you or your child to go back to

work or school. People with fifth disease who have weakened immune systems may be contagious for a longer amount of time. Parvovirus B19 can also spread through blood or blood products. A pregnant woman who is infected with parvovirus B19 can pass the virus to her baby. Once you recover from fifth disease, you develop immunity that generally protects you from parvovirus B19 infection in the future.

Diagnosis

Healthcare providers can often diagnose fifth disease just by seeing "slapped cheek" rash on a patient's face. A blood test can also be done to determine if you are susceptible or immune to parvovirus B19 infection or if you were recently infected. The blood test may be particularly helpful for pregnant women who may have been exposed to parvovirus B19 and are suspected to have fifth disease.

Prevention

There is no vaccine or medicine that can prevent parvovirus B19 infection. You can reduce your chance of being infected or infecting others by

- washing your hands often with soap and water
- covering your mouth and nose when you cough or sneeze
- not touching your eyes, nose, or mouth
- avoiding close contact with people who are sick
- staying home when you are sick

After you get the rash, you are probably not contagious. So it is usually then safe for you to go back to work or for your child to return to school or a child care center.

Healthcare providers who are pregnant should know about potential risks to their baby and discuss this with their doctor.

All healthcare providers and patients should follow strict infection control practices to prevent parvovirus B19 from spreading. For information about handwashing, see [CDC's Clean Hands Save Lives!](#)

Treatment

Fifth disease is usually mild and will go away on its own. Children and adults who are otherwise healthy usually recover completely. Treatment usually involves relieving symptoms, such as fever, itching, and joint pain and swelling.

People who have complications from fifth disease should see their healthcare provider for medical treatment.

Pregnancy and Fifth Disease

This disease is usually not a problem for pregnant women and their babies. About half of pregnant women are immune to parvovirus B19, so they and their babies are usually protected from getting the virus and fifth disease. Pregnant women who are not immune usually have only mild illness if they are exposed to fifth disease. Also, their babies usually do not have any problems.

Rarely, a baby will develop severe anemia caused by its mother's infection with fifth disease, and the woman may have a miscarriage. But this is not common. It happens less than 5% of the time among all pregnant women with parvovirus B19 infection, and it happens more commonly during the first half of pregnancy.

Testing for Parvovirus B19 during Pregnancy

A blood test for parvovirus B19 can show if you

- are immune to this virus and have no recent sign of infection,
- are not immune and have never been infected, or
- have had a recent infection.

Monitoring Parvovirus B19 Infection during Pregnancy

If you are pregnant, you may want to talk with your doctor if you

- have been exposed to someone with fifth disease,
- have an illness that might be caused by parvovirus B19 infection, or
- were recently infected with parvovirus B19.

There is no single recommended way to monitor pregnant women with parvovirus B19 infection. Your doctor may recommend additional prenatal visits, blood tests, and ultrasounds.

Fifth Disease Outbreaks in the Workplace & Pregnancy

Pregnant women may choose to continue going to their workplace if there is an outbreak of fifth disease happening. However, if you are not immune to parvovirus B19 and are not currently infected, you may want to stay away from people with fifth disease while you are pregnant. Talk with your family, healthcare provider, and employer to decide what is best for you.

Healthcare providers who are pregnant should know about the potential risks to their baby and discuss this with their doctor. All healthcare providers and patients should follow strict infection control practices to prevent parvovirus B19 from spreading.