

**Center Joint Unified School District
8408 Watt Avenue
Antelope, CA 95843**

Information Regarding Fifth Disease (Erythema Infectiosum)

A Note From The District Nurse:

Fifth disease is a common childhood viral illness with a higher incidence in Winter and Spring.

Signs & Symptoms: Characteristic is a striking erythema (rash) of the cheeks (slapped-face appearance) followed in 1-4 days by a lace-like rash on the trunk and extremities. This rash may recur for 1-3 weeks on exposure to sunlight or heat. Mild symptoms of sore throat, joint pain, headache, upset stomach, and slight fever may precede the rash. This disease occurs most frequently in the winter and spring. Incubation period (from exposure to symptoms) varies from 4-20 days to development of the rash.

Isolation: In children with rash-illness alone he/she is most contagious before onset of the rash. Your child should stay home from school during the onset of the illness while experiencing an elevated temperature, nausea, joint pain, headache, and feeling ill.

The rash fades but may recur in 1-3 weeks with heat, stress or exercise and does not mean that the rash is re-infected. He/she may attend school even though the rash is present and they don't have any other symptoms.

Preventative Measures: If your child becomes ill with this disease, those in the household need to wash hands frequently and avoid sharing eating or drinking utensils of the infected child to prevent the spread of the disease.

Note: About 50% of adults are immune from past infections. If your child does have this illness and has been in continued close contact with a pregnant woman, please have her consult with her physician.

Center Joint Unified School District
Health Services Department