

**County of Santa Clara**  
**Public Health Department**



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**EXPOSURE NOTICE: PARVOVIRUS B19 (FIFTH DISEASE)**

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

Dear Parent, Legal Guardian, or Staff,

Students and staff may have been recently exposed to **parvovirus B19**. We are providing the information below so you know what steps you can take to protect yourself and others. This information does not replace talking with your doctor if you become sick. ***If you or your child have symptoms, please seek diagnosis and treatment from a healthcare provider as soon as possible.***

**PARVOVIRUS B19 (FIFTH DISEASE):** A common illness caused by human parvovirus B19 virus. Fifth disease typically causes a rash and occurs most often in young children.

**What are the symptoms?** Fever, headache, cough, sore throat, and sometimes painful or swollen joints (more common in adults). A “slapped cheek” rash on the face that looks like the child has been slapped on the cheeks typically appears 1 to 3 weeks after the initial symptoms. A lacelike rash may follow on the rest of the body.

**How is it spread?** By breathing in droplets that spread through the air when an infected person talks, coughs, or sneezes. The virus can also be spread through direct contact with the saliva or mucus of an infected person. A person is most contagious when they first develop fever and cold-like symptoms and is not likely to be contagious once rash develops.

**When do symptoms start?** 4 to 14 days after exposure to the virus.

**Do staff or children need to stay home?** No, unless your child has a fever or is unable to participate in group activities.

**When can staff or children go back to work, school, or childcare?** The child or staff member can return when they have been fever-free for 24 hours without the use of fever-reducing medication and they are fully able to participate in group activities.

**Note:** Pregnant people should consult with their medical provider if they have been exposed and develop symptoms as additional medical care may be necessary.

For additional information, visit [cdc.gov/parvovirusb19](https://www.cdc.gov/parvovirusb19).