

Advice to parents and guardians

Slapped cheek (fifth disease)

Parvovirus B19) (V)



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Dear Parent or Guardian,

There have been a number of cases of **Slapped Cheek Infection** within the **school/nursery** and your child may have been exposed.

What is Slapped Cheek?

Slapped cheek syndrome (also called fifth disease or parvovirus B19) is a viral infection that's most common in children. But it can affect people of any age. Most people will have the following symptoms for a few days:

- a slightly high temperature (fever) of around 38C (100.4F)
- a runny nose
- a sore throat
- a headache
- an upset stomach
- feeling generally unwell

Although the rash can look alarming, slapped cheek syndrome is normally a mild infection that clears up by itself in 1 to 3 weeks.

Is it dangerous?

No, however, slapped cheek syndrome can be more serious for some people. If you're pregnant, have a blood disorder or a weakened immune system and have been exposed to the virus, you should get medical advice.

Is there any treatment?

You don't usually need to see your GP if you think you or your child has slapped cheek syndrome, as the condition normally gets better on its own

How is it spread?

The virus is spread in a similar way to colds and flu. You can become infected by:

- inhaling droplets that are sneezed or coughed out by someone with the infection
- touching a contaminated surface or object and then touching your mouth or nose

What is the incubation period (period before infection develops)?

Someone with slapped cheek syndrome is infectious during the period before the rash develops. Once the rash appears, the condition can no longer be passed on.

How long should children stay away from school?

Children do not need to be excluded from school.

Can you catch it more than once?

Once you've had the infection, you're usually immune to it for life.

Thank you for giving this your attention. You can find further information on Slapped Cheek from either from your GP or NHS <https://www.nhs.uk/conditions/slapped-cheek-syndrome/>

Further information can be found by scanning the QR code below.



Regards,

A Jamieson

Alexandra Jamieson
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