



Fifth Disease

What is it?

Fifth disease is caused by a virus known as Parvovirus B19 and is often referred to as “slapped face” disease. This infection is not known to cause serious illness in most children and adults.

What does it look like?

Fifth Disease usually begins with a mild illness, which may include

- Fever
- Headache
- Tiredness
- Cold like symptoms
- Body aches

Cold like symptoms are commonly found in children with no suspicion of fifth disease, during this time the individual is most contagious.

A few days after the above symptoms, if they present, a very red rash appears on the face and looks like “slapped cheeks”. The rash can appear on other parts of the body as well, such as the trunk, arms, thighs and may be itchy. After the rash presents, the individual is no longer contagious.

After one has been exposed, symptoms will usually present within 4-20 days. Once a person with Fifth Disease gets better, they will have a lasting immunity, which will protect them against the disease in the future.

How is it transmitted?

The virus is spread through direct contact with respiratory secretions from the nose, mouth and throat of an infected individual (i.e. being coughed or sneezed on by an infected individual within 3 feet). The virus can also be passed from a mother to unborn child.

There is some risk to the developing baby if a pregnant woman develops Fifth Disease, although **the risk is very low**. If a pregnant woman becomes infected in the first 20 weeks of her pregnancy, there is a **small chance** that she could infect the developing baby and the cause the baby to develop anemia. This occurs in **less than 5%** of all pregnant women who are infected. There is no evidence that Fifth Disease causes physical or mental birth defects.

Titres can be obtained to determine if the individual is immune to the disease. About half of adults are immune often due to previous infection/exposure.

There is no exclusion for individuals with Fifth Disease, as long as they're feeling well, as the disease is most contagious before the rash appears.



Influenza 2012-13 Season Summary

As noted in the Physicians' Newsletter, we have had a busy Influenza Season here in Haldimand-Norfolk. Influenza confirmed institutional outbreaks included:

- 7 confirmed Influenza A
- 2 confirmed Influenza B

As for our community cases, there were:

- 39 confirmed Influenza A
- 5 confirmed Influenza B

Our local institutions (LTC & hospitals) report their staff immunization rates to the Ministry each year, this year our LTC average was **74%** and hospitals average **52%**

We try to encourage all staff within these facilities as well as community to obtain their annual flu vaccinations, especially when we see such high number of institutional outbreaks. Your assistance in the global support is always welcomed and encouraged.



STI Medication

Just a friendly reminder that the Health Unit offers **FREE STI** medication for patients being seen within your clinics. They can be ordered at the bottom of your vaccination ordering form. These are great for clients who do not have coverage, as well as providing the client with immediate treatment, as these are the first line drugs for Chlamydia and Gonorrhea treatment.



The ID team would like to send out a big **THANK YOU** to you all! We appreciate your collaboration with us as we complete our case investigations and work to improve the health of our community.

Future Topics:

If there is something you'd like to know more about, please contact Stacey Guthrie at stacey.guthrie@hnhu.org or 519-426-6170 Ext. 3270 with your topics and we will try our best to incorporate them into our newsletters.



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