

# PATIENT ALERT

## Parvovirus B19 Update

August 19, 2024

**Parvovirus B19 is a seasonal virus transmitted through respiratory droplets. Recently, the CDC has received reports indicating increased parvovirus B19 activity in the United States.**

### Symptoms

Some people who get infected with this virus will have no symptoms. When symptoms of parvovirus B19 infection occur, they are usually mild and may include the following: Fever, Runny nose, Upset Stomach, Headache, Cough, Sore throat, Rashes, and Joint pain. The rash with parvovirus B19 infection is a red rash on the face, also called a “slapped cheek” rash. This rash typically appears a few days after the fever or flu-like symptoms. It is more common in children than adults.

Parvovirus B19 infection can also cause a general rash on the chest, back, buttocks, or arms and legs. The rash may be itchy. It usually goes away in 7 to 10 days but can come and go for several weeks. As it starts to go away, it may look lacy.

### Pregnancy

During pregnancy, most cases of parvovirus B19 infection resolve without bad outcomes. If you get a parvovirus B19 infection during pregnancy, the virus could spread to the baby. This is not common but could cause a miscarriage. Treatment for acute infection in pregnant women is supportive and includes monitoring the fetus. If you are diagnosed with parvovirus B19 avoid pregnant family and friends.

### Treatment

No vaccine or specific treatment is recommended for parvovirus B19 infection. Treatment usually involves relieving symptoms, such as fever, itching, and joint pain and swelling. Treatment for persons who develop complications may include supportive care, blood products, and other specialized therapies.

## Recommendations

1. Seek medical care if you:
  - a. are pregnant and have been exposed to a person with suspected or confirmed parvovirus B19 or you have signs and symptoms of parvovirus B19.
  - b. have a weakened immune system or a chronic blood disorder including sickle cell disease, thalassemia, and hereditary spherocytosis, and you have signs and symptoms of parvovirus B19.
2. Follow general respiratory precautions to prevent the spread of parvovirus B19 and other respiratory viruses. People at higher risk of severe parvovirus B19 can consider using additional prevention strategies such as wearing a mask around others.

Know that children and adults with parvovirus B19 are no longer contagious once the characteristic facial rash appears. You may reduce the chances of getting an infection by washing your hands and your child's hands often, not touching your face, avoiding people who are ill, and not sharing food or drinks.