

# Home Care For Children With Fifth Disease



Allow your child to have ample rest.



Let your child drink small amounts of water or diluted fruit juice every 15 minutes.

Do not force feed your child. It's okay if they don't eat properly for a day or two.



Use saline nasal drops for a blocked nose.

Keep your child's room comfortably cool and avoid overdressing them.



Give a sponge bath using tepid water.



A warm compress may ease joint pains.

Dress your child in loose-fitting cotton clothes.



## References

1. Viral illnesses; RCH.
2. Treating a Fever Without Medicine; American Academy of Pediatrics.
3. Fifth Disease in Children: Care Instructions; Kaiser Permanente.