

Roseola

(Adapted from American Academy of Pediatrics)

What is Roseola?

- A Human Herpesvirus 6 infection causing rash in infants and children that primarily occurs between 6 and 24 months

What are the signs and symptoms?

- High fever (above 103F) lasting 3 to 7 days.
 - Fever may cause seizure activity
 - Often, the child is not very ill when fever is present
- Red, raised rash lasting from hours to several days that becomes apparent the day the fever breaks (usually the 4th day).

What are the incubation and contagious periods?

- Incubation period: 9 to 10 days.
- Contagious period: Unknown

How is it spread?

- Person-to-person contact
- Virus sometimes exists in nose or throat excretions of healthy people who have had the disease in the past.
- Nearly all individuals get this infection early in life, some without signs or symptoms. Most children have had the infection by the time they are 4 years of age.
- Most likely source of transmission to children is healthy adults

How do you control it?

- Hand washing

Exclude from group setting?

- No, unless
 - The child is unable to participate
 - The child meets other exclusion criteria, such as fever with behavior change

Call our office

- Immediately if the spots become purple or blood colored
- During regular hours if
 - The rash lasts more than 3 days
 - The rash becomes itchy
 - Any new symptoms develop that concerns you