

## Roseola

Dear Parent or Guardian,

Your child may have been exposed to **roseola** while at childcare.

### **What is roseola?**

Roseola is a common rash illness of young children, especially those less than two years of age. It is caused by virus. Almost all children have been infected by this virus by the time they are four years old.

### **What are the symptoms of roseola?**

Roseola begins with a high fever. On the third to fifth day the fever goes away and a pink bumpy rash appears on the chest and abdomen, often spreading to the neck, face, and limbs. The rash lasts for a few hours to a few days.

### **How serious is roseola?**

Children usually recover fully from roseola.

### **How does a person get roseola?**

The virus that causes roseola is transmitted person-to-person, most likely through respiratory secretions (fluids from the nose, mouth, or throat) from a healthy adult.

### **How long does it take to come down with roseola after a person is exposed?**

The symptoms of roseola usually appear 9-10 days after exposure.

### **When are people with roseola contagious?**

The exact contagious period of roseola is unknown.

### **How can I keep my child from coming down with roseola?**

Wash hands well and often with soap and water.

Cover coughs and sneezes and put used tissues in a trash can.

### **If my child develops roseola, must he/she stay away from childcare?**

No, if s/he feels well enough to participate in activities and no longer has fever or other symptoms that require exclusion.

