

# Roseola

Dear Parent or Guardian,

You are being provided with this fact sheet:

- because you or your child may have been exposed to roseola.** If you believe your child has developed **roseola**, contact your medical provider. Notify your child care provider or preschool immediately after the diagnosis has been made.
  - for informational purposes only.**
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## What is roseola?

Roseola is a childhood viral infection. Roseola is a generally mild infection that usually affects infants and children less than 4 years of age. It is very common and most children have been infected by roseola by the time they enter kindergarten. Roseola is caused by a human herpes virus 6 (HHV-6) or herpes HHV-7.

## What are the symptoms of roseola?

Children who are exposed to roseola and become infected will generally have symptoms 5 to 15 days later. There are a variety of symptoms associated with roseola. Commonly the child has a fever over 103°F (may be as high as 106°F) that lasts for 3 to 7 days. In addition, 80% of children get a red bumpy rash once the fever breaks that spreads from the trunk over the body. The rash fades within hours to days.

## How is roseola spread?

It is not clear how exactly this virus is spread but there is some thought it might be spread through contact with infected respiratory and oral secretions of healthy persons.

## Who is at risk for roseola?

Roseola is most common in children between the ages of 6-24 months but it does occur in children up to 4 years of age.

## How is roseola diagnosed?

There are not any tests available at this time to confirm a diagnosis of roseola. Doctors confirm a diagnosis of roseola by the telltale rash or, in some cases, by a blood test to check for antibodies to roseola.

## How is roseola treated?

The treatment for roseola involves keeping the child as comfortable as possible. It may include providing adequate fluids and keeping the child cool and comfortable. Fever reducing medication, such as acetaminophen, may be given if the child has a fever. *Do not give aspirin to a child with fever*, as this has been associated with Reye Syndrome.

## Exclude from group setting?

Children with roseola do not need to be excluded from group care unless they have other symptoms which require exclusion, such as fever\* with behavior change.

\* Fever is defined as: temperature above 100°F (37.8°C) under the arm or 101°F (38.3°C) orally.

**Reference:** *American Academy of Pediatrics*

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## Child Care Health Program

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Adapted from the Snohomish Health District

- Managing Infectious Diseases in Child Care and Schools page 143

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