

Roseola Fact Sheet

What is Roseola?

Roseola is a viral infection causing fever and rash in infants and children between the ages of 6 and 24 months. Most people get this illness early in life, sometimes without having symptoms of the illness. Roseola is also known as sixth disease, exanthema subitum, and roseola infantum.

What are the symptoms?

An ill child may have one or all of the following symptoms?

- High fever (above 103°F lasting 3 to 5 days)
 - Fever may cause seizure activity
 - The child may not feel very ill when fever is present
- Red raised skin rash lasting from hours to several days (may be seen on face, neck, and trunk of body)
 - The rash usually is seen the day the fever breaks (around the 4th day)

How soon do symptoms appear?

- Symptoms usually appear 5-15 days after exposure.

How is this illness spread?

- Person-to-person contact
- The virus sometimes lives in the nose and throat or saliva of healthy people who have had the illness in the past
- Most common way illness is spread to children is from adults who have no symptoms but are shedding the virus in their saliva

How long is a person infectious?

- The period of time the illness can be spread from person to person is not known.
- It is probably greatest when fever is present and until rash is gone

What is the treatment?

- Keep child comfortable. Medication to relieve fever may be given.

Do ill children need to be excluded from child care or school?

- No, however children who appear ill, fussy, and have a high fever may be excluded.

What can be done to help prevent the spread of illness?

- Frequent handwashing

This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider. For more information, call your health care provider or call the Bay County Health Dept at (989) 895-4003.

Visit our website at <http://www.baycounty-mi.gov/Health/> or the Centers for Disease Control & Prevention at www.cdc.gov