

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, exanthem subitum, and roseola infantum.

What are the symptoms of Roseola?

An ill child may have any 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 begin 5 to 15 days after infection.

How is this illness spread?

Roseola is spread in the following ways:

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

Who gets the illness?

Roseola is seen most commonly in infants and children between the ages of 6 and 24 months. Most children have had the illness by age 4 years.

For how long is a person infectious?

The period of time the illness can be spread from person to person is not known.

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?

Good personal hygiene including frequent handwashing should be practiced by all.