

Roseola

Roseola is an illness caused by infection with Human Herpes Virus 6 or 7. Also called “exanthem subitum” or “sixth disease”, roseola has the following **characteristics**:

- High fever, often over 103, lasting 3-5 days and sometimes as long as 7 days
- Fussiness and runny nose are common
- Cough, conjunctivitis, or vomiting and diarrhea may also occur
- Ear infections may accompany roseola
- Flat or slightly raised pink rash may occur
 - usually erupting after or as the fever resolves
 - usually begins on the face or trunk and spreads to the extremities
 - Rash may last hours to days
 - When a child is taking an antibiotic for ear infection with roseola, the rash may be mistaken for a drug allergy
- Seizures may occur from the virus
- Nearly all children are infected by age four

Diagnosis is based upon symptoms. Specific testing is not generally necessary.

Incubation period is 9 to 10 days.

- Spread by person-to-person contact from saliva or blood
- Infections occur throughout the year without a seasonal pattern

Treatment

- Supportive measures to help the child feel better
 - Fluids
 - Fever reducing medicines (Tylenol, ibuprofen) for comfort
- Since the illness is caused by a virus, antibiotics are not useful unless there is also an ear infection
- Avoid contact with persons with compromised immune systems

Return to School or Daycare when:

- Fever is resolved for 12-24 hours (temperature less than 100.4)
- Child feels well enough to attend