

Roseola

Dear Parent or Guardian,

You are being provided with this fact sheet:

- Because you or your child may have been exposed to roseola.
 - For informational purposes only.
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General Information About Roseola

What is roseola?

- Roseola is a mild childhood illness caused by human herpes virus 6 (HHV-6) or herpes HHV-7.
- It is very common. Most children have been infected with roseola by the time they enter kindergarten.

Who can get it?

- Anyone can get roseola, but it is most common in children between the ages of 6 to 24 months.

What are the symptoms?

- High fever (temperature of 103°F [39.4°C] or higher) that lasts 3 to 7 days.
- Red, bumpy rash that appears after the fever goes away. The rash starts on the back and chest then spreads to the face, arms, and legs. The rash can last for hours to days.
- Many children with roseola will not have symptoms.

How is it spread?

- The virus that causes roseola can be found in droplets from coughs, sneezes, saliva (drool), and runny noses.
 - It can spread when a person who has roseola coughs or sneezes and another person breathes in the droplets.
 - It can also spread by:
 - touching the eyes, nose, or mouth with unwashed hands after touching an object or surface that has the virus on it.
 - sharing utensils or cups with someone who has roseola.
 - Once a person has had roseola, the virus stays in their body for the rest of their life. It is most commonly spread to children by adults who don't have symptoms, through their saliva.
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How Do I Know If My Child Has Roseola?

- A healthcare provider can typically diagnosis roseola by the rash.
- In some cases, a healthcare provider may order a blood test to check for antibodies to the virus.

If you have additional questions or are concerned your child might have roseola, contact your healthcare provider. This fact sheet provides general information only.

What If My Child Has Roseola?

Notify your child care provider or preschool immediately if your child has roseola.

How is it treated?

- Roseola is usually a mild illness that gets better on its own.
- Keep children comfortable, allow them to rest, make sure they drink plenty of fluids to prevent dehydration, and check on them often.
- Infants 3 months or younger with a fever of 100.4°F (38°C) or higher should be seen by their healthcare provider.
- Talk with your child's healthcare provider if you have any concerns about your child's symptoms. **If your child is showing signs of dehydration (fewer wet diapers or less urine than usual, more tired than normal, dizziness, dry tongue or lips, fewer tears), is breathing fast, is having trouble breathing, or has a severe headache, they need to be seen by a healthcare provider immediately.**

How can I help prevent roseola from spreading?

- Stay home when sick.
- Wash hands often, especially after sneezing, coughing, or wiping noses.
- Cover your nose and mouth when coughing or sneezing.
- Avoid touching your eyes, mouth, or nose.
- Avoid sharing cups, eating utensils, food, and drinks with anyone who has roseola.
- Thoroughly clean toys and other objects children put into their mouths with soap and water.
- Clean and sanitize household surfaces.

Does My Child Need to Stay Home from Child Care?

No. Children who have been exposed to, or have been diagnosed with, roseola can continue to attend child care **unless**:

- They have a fever (temperature of 100.4°F [38°C] or higher) along with other symptoms.
- They do not feel well enough to participate in classroom activities (for example: unusually tired; cranky or fussy; or crying more than normal).

Please follow your child care program's sickness policy.

References

American Academy of Pediatrics

- Caring for our Children, Chapter 3 Health Promotion and Protection, 3.6 Management of Illness, 3.6.1 Inclusion/Exclusion Due to Illness
- Managing Infectious Diseases in Child Care and Schools, 6th Edition. Pages 163-164