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**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 health care provider. Notify your child care provider or preschool if a diagnosis of roseola is 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 toddlers. It is very common and most children have been infected by roseola by the time they reach two years of age. 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 9 to 10 days later. There are a variety of symptoms associated with roseola. A hallmark symptom is a very high fever over 103°F (may be as high as 106°F) that lasts for 3 to 7 days. The fever may cause seizures. In addition, many 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. It is important to note that some children might not have a rash or fever.

**How is roseola spread?**

Roseola often spreads through droplets from talking, coughing or sneezing, which then land on surfaces and spread when another person touches that surface and then touches their eyes, nose or mouth.

**Who is at risk for roseola?**

Roseola is most common in children between the ages of 6-24 months but it can be seen in children up to 4 years of age. By age 4, nearly all children have been exposed.

**How is roseola diagnosed?**

Typically a doctor will diagnose based on physical examination.

**How is roseola treated?**

The treatment for roseola involves keeping the child as comfortable as possible. It may include providing plenty of fluids and keeping the child cool and comfortable. Fever reducing medication, such as acetaminophen, may be given if the child has a fever. *Never give aspirin to a child*, 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 a temperature above 101°F (38.3°C) by any method or above 100.4°F (38.0°C) for infants younger than 2 months old.

**References:**

*American Academy of Pediatrics*

- Managing Infectious Diseases in Child Care and Schools, 4<sup>th</sup> ed.

*American Academy of Pediatrics*

**Child Care Health Outreach Program**

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- Red Book: 2018-2021 Report of the Committee on Infectious Diseases, 31<sup>st</sup> ed.

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