

**LAKE COUNTY HEALTH DEPARTMENT  
and  
COMMUNITY HEALTH CENTER**

**ROSEOLA  
(EXANTHEM SUBITUM/SIXTH DISEASE)**

**\* What is Roseola?**

Roseola is a viral infection that is usually seen in children under 4 years, most commonly before 2 years of age.

**Incubation Period:** (Time from exposure to infection to beginning of symptoms of illness).  
Between 9 – 10 days.

**Period of Communicability:** (Period person can give infection to another).  
Unknown.

**\* What are the Symptoms of Roseola?**

Usually starts with a high fever that starts abruptly and lasts 3 – 4 days. The child may be irritable, have swelling around the eyes and develop a pink rash that starts on the body and spreads to face, arms and legs. Seizures may occur due to high fever.

**\* How is Roseola Spread?**

The way this disease is spread is unknown.

**\* How is Roseola Treated?**

Specific treatment for Roseola will be determined by your child's physician based on your child's age, overall health, medical history, extent of the disease, your child's tolerance for specific medications, procedures or therapies, expectations for the course of the disease, and your opinion or preference. Increased fluid intake – acetaminophen for fever (DO NOT GIVE ASPIRIN)

**\* How Can the Spread of Roseola be Prevented/Limited in Child Care Center?**

- Because the period of communicability and transmission methods are not completely known, definite preventive measures are difficult to establish.
- Frequent, complete handwashing; frequent, thorough cleaning and disinfecting of toys, tables, other shared items; exclusion of ill children and good health practices, (rest, proper nutrition, exercise, play, etc.) will help promote healthy children and decrease illnesses.
- Inform parents of other enrolled children who may have been exposed of the illness.
- Educate parents, staff and children about disease, and the need to practice good personal hygiene.

**\* Exclusion**

Until child has been fever free for at least 24 hours and is able to comfortably and actively participate in center activities.

---

## **NOTIFICATION OF ROSEOLA**

(A viral infection that is usually seen in children under 4 years, commonly before 2 years of age)

Dear Parents:

A case of roseola has been reported in your child's classroom. This virus causes a fever usually followed by a rash.

**Incubation period:** (the time between exposure to the disease and the appearance of symptoms) Usually 9 – 10 days after exposure to the disease.

**Contagious period:** (when the disease can be transmitted to another person)  
This infection is most contagious during the time that the child has a high fever.

**Signs and symptoms:**

Roseola usually starts with a high fever that starts abruptly and lasts for 3-4 days. The child may be irritable, have swelling around the eyes and develop a pink rash that starts on the body and spreads to face, arms and legs. This disease is most common in children under the age of 3.

**Treatment:**

Do not give aspirin without direct order of physician. May give other medication to address fever as recommended by physician. Increase fluids.

**How this disease is spread:**

The way this disease is spread is unknown.

**General preventative measures:**

Careful hand washing and keeping child out of school when fever is present.