

ROSEOLA (EXANTHEM SUBITUM)

Roseola is a common childhood illness most frequently caused by human herpesvirus 6.

CAUSE

Human herpesvirus 6 (HHV-6) most frequently causes roseola

SYMPTOMS

The first symptom is fever, which lasts 3 to 7 days, and is usually high (>103 degrees F). The fever ends abruptly and is followed by a rash that usually lasts 1 to 2 days. Seizures are a potential consequence of high fever.

SPREAD

Roseola usually occurs in children ages 6 months to 3 years. Transmission of HHV-6 is not completely understood, but asymptomatic shedding (people infected with the virus and shedding it into the environment, but not showing symptoms) likely plays a role.

INCUBATION (time from exposure to onset of symptoms)

5 to 15 days, usually 9 to 10 days

CONTAGIOUS PERIOD

Unknown, asymptomatic shedding occurs

EXCLUSION

Child care and School: Until child has had one day of normal health and activity at home.

DIAGNOSIS

Usually based on clinical manifestations

TREATMENT

Supportive treatment

DO NOT GIVE ASPIRIN or OTHER SALICYLATE CONTAINING MEDICATIONS TO ANY CHILD OR ADOLESCENT UNDER 18 YEARS OF AGE.

PREVENTION/CONTROL

There are few recommended prevention/control measures. Keep children home and away from others until symptoms resolve.

For more information please contact Contra Costa Public Health at 925-313-6740 and visit our website at <http://cchealth.org/cd/>