

Roseola (Human Herpesvirus 6)

What is roseola?

A viral infection causing rash in infants and children that primarily occurs between 6 and 24 months of age

What are the signs or symptoms?

- High fever (above 103°F) lasting 3 to 7 days.
 - ~ Fever may cause seizure activity.
 - ~ Often, the child is not very ill when fever is present.
- Red, raised rash lasting from hours to several days that becomes apparent the day the fever breaks (usually the fourth day).

What are the incubation and contagious periods?

- Incubation period: 9 to 10 days
- Contagious period: Unknown

How is it spread?

- Person-to-person contact.
- Virus sometimes exists in nose or throat excretions of healthy people who have had the disease in the past.
- Nearly all individuals get this infection early in life, some without signs or symptoms. Most children have had the infection by the time they are 4 years of age.
- Most likely source of transmission to children is healthy adults. Saliva from three fourths of adults without symptoms contains infectious virus.

How do you control it?

Hand washing

What are the roles of the caregiver/teacher and the family?

- Report the infection to staff designated by the child care program or school for decision making and action related to care of ill children. That person, in turn, alerts possibly exposed family members and staff to watch for symptoms.
- Inform parents about the nature of the illness and that while the fever phase of the illness can cause concern, once the rash appears, the child is in the recovery phase.

Exclude from group setting?

No, unless

- The child is unable to participate and staff determine that they cannot care for the child without compromising their ability to care for the health and safety of the other children in the group.
- The child meets other exclusion criteria, such as fever with behavior change (see “Conditions Requiring Temporary Exclusion” on page 28).

Readmit to group setting?

When exclusion criteria are resolved, the child is able to participate, and staff determine that they can care for the child without compromising their ability to care for the health and safety of the other children in the group

