

# ROSEOLA

Roseola is a common rash illness that usually occurs in children under 4 years of age. It is the most common cause of rash in children 6 months to 2 years of age.

## CAUSE

Primarily human herpesvirus 6 (HHV-6) and less commonly human herpesvirus 7 (HHV-7).

## SYMPTOMS

Usually a high fever that appears suddenly and generally lasts 3 to 7 days. As the fever breaks, a rash appears on the trunk and neck and may later spread to the rest of the body. The rash may last from several hours to several days. At this time, the child usually does not feel very sick. Infection also occurs without symptoms in many children. Seizures may occur in children with high fevers.

## SPREAD

Most likely person-to-person through respiratory secretions.

## INCUBATION

Estimated to be 9 to 10 days.

## CONTAGIOUS PERIOD

Most likely during the fever and before the rash appears.

## DIAGNOSIS

Recommend parents/guardians call their healthcare provider if their child has fever and rash.

## EXCLUSION

Childcare and School: Until fever is gone and other rash illnesses, especially measles, have been ruled out.

## TREATMENT

None.

## PREVENTION/CONTROL

- Wash hands thoroughly with soap and warm running water after touching anything contaminated with secretions from the nose and mouth and before preparing or eating food. Thorough hand washing is the best way to prevent the spread of communicable diseases.
- Clean and sanitize mouthed toys, objects, and surfaces at least daily and when soiled.

**For more information, please contact your local health department.**

[Carson City Health & Human Services](#) (Carson City, Douglas, Lyon Counties) 775-434-1690 & 775-887-2190 (after hours)

[Central Nevada Health District](#) (Churchill, Mineral, Eureka, Pershing Counties) 775-866-7535

[Northern Nevada Public Health](#) (Washoe County) 775-328-2447 (24 hours)

[Southern Nevada Health District](#) (Clark County) 775-759-1300 (24 hours)

[Division of Public and Behavioral Health](#) (All other Counties) 775-400-0333 (24 hours)

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