



BASIC INFORMATION

DESCRIPTION

A common, contagious childhood disease characterized by high fever and skin rash. It usually affects infants and young children (ages 1 to 3 years).

FREQUENT SIGNS AND SYMPTOMS

- Fever, often high, for several days to 1 week, with minimal other symptoms.
- Irritability.
- Drowsiness
- Flat, reddish skin rash after 3 or 4 days of high fever.

When the rash appears, fever and other symptoms disappear.

CAUSES

It is caused by a herpes virus (type 6) Incubation is 5 to 15 days.

RISK INCREASES WITH

- Day care center.
- Exposure to others in public places.

PREVENTIVE MEASURES

Avoid exposure if possible.

EXPECTED OUTCOME

Spontaneous recovery in 1 week.

POSSIBLE COMPLICATIONS

- Convulsions caused by high fever (they will not cause brain damage and will cease after fever subsides) (rare).
- Infection of the brain (rare)



TREATMENT

GENERAL MEASURES

- Diagnostic tests may include laboratory studies, such as urinalysis and blood counts, to rule out other reasons for high fever (such as middle-ear infection, meningitis, pneumonia or urinary-tract infection).
- There is no specific treatment for roseola. Rest at home is sufficient until symptoms disappear.
- Lukewarm water baths or a sponge bath may be used to reduce fever if it reaches 102°F (38.9°C) or higher.

MEDICATION

- For minor discomfort and to reduce fever, you may use non-prescription drugs such as acetaminophen. Antibiotics don't help.
- Anticonvulsant medication (if child has seizure) may be pressed.

ACTIVITY

The child should rest in bed until fever disappears.

DIET

The child should eat a normal, well-balanced diet. Encourage extra fluid intake. Continue baby-vitamin supplements if the child is accustomed to taking them.



NOTIFY OUR OFFICE IF

- Your child has symptoms of roseola.
- High fever occurs.
- Twitching or other signs of a convulsion begin.
- The child refuses liquids.
- The child cries loudly and persistently, and does not stop when picked up.
- The child is listless and has a stiff neck.

Call with any questions or concerns
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