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/](http://cchealth.org/cd/)