



Roseola (Sixth Disease)

Your child may have been exposed to this disease

If your child has symptoms, please contact your child's healthcare provider.

If my child has this disease, when can he or she return to school or child care?

Children with roseola (sixth disease) can return to school or child care **when their doctor or health care provider approves.**

Roseola is a mild illness caused by a virus. It is very common and usually affects children younger than 2 years old.

Symptoms are:

- A sudden, high fever (usually higher than 103 degrees F)
- Sore throat
- Runny nose
- Cough
- A rash that starts on the chest, back, and abdomen, and spreads to the neck and arms. The rash usually consists of small pink spots or patches that can be flat or raised. Some spots might have a white ring. The rash usually appears after the fever has gone away.

Other symptoms: This disease can also cause irritability in infants and children, mild diarrhea, decreased appetite, or swollen eyelids.

Symptoms usually start 1 to 2 weeks after a person is exposed. Some people are infected but do not have any symptoms.

How is roseola spread?

- Coughing and sneezing
- Touching your mouth, nose, or eyes after touching something that a sick person has sneezed on, coughed on, or touched

What can I do now?

A person with immune system problems should call their doctor if they have been exposed to someone with roseola. **Watch your child for symptoms of roseola.** Call your child's doctor or health care provider if your child becomes sick, has a fever higher than 103 degrees F (39.4 degrees C), or if the rash does not start to get better after 3 days. Your child could have a seizure if the fever becomes high or rises quickly, and if your child has a seizure, take him or her to the hospital.

If your child gets sick, prevent others from getting ill by:

- Keeping your child home until he or she is healthy
- Washing your hands often
- Sneezing and coughing into the arm or shoulder, not the hand

For more information, contact your health care provider, your School Nurse 619-258-2231, the San Diego County Health Department at (858) 694-3900