



Roseola

Your child may have been exposed to roseola. Roseola is a viral rash illness. It is the most common cause of rashes in children 6 months to 2 years of age. Nearly all children will have had roseola infection by the time they are 2 years old.

If you think your child has roseola:

- Tell your childcare provider or call the school.
- Keep your child home from **childcare and school** until the fever is gone and other rash illnesses, especially measles, have been ruled out.
- For more information, call Hennepin County HSPHD-Epidemiology at 612-543-5230 or call your local health department.

Parent/Guardian information

Symptoms

Your child may have a high fever that starts suddenly and lasts for a few days. As the fever breaks, a rash may appear on your child's belly, chest, back, and neck. It may later spread to the rest of the body. Even with a rash, your child may not seem ill. Illness may last up to 7 days.

If your child is infected, it may take 9 to 10 days for symptoms to start.

Spread

- By coughing or sneezing.
- By touching the secretions from the nose or mouth.
- By touching contaminated objects and then touching one's eyes, nose, or mouth.

Contagious period

Most likely during the fever and before the rash appears.

Call your health care provider

- If your child has fever and a rash.

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Prevention

- Wash hands after touching anything that could be contaminated with secretions from the nose or mouth. Your child may need help with handwashing.
- Clean and disinfect any objects or surfaces that come in contact with secretions from the nose or mouth. Use a product that kills germs.

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