



Kapa'a Pediatrics LLC

Roseola

What is it? Roseola is a viral infection from the herpesvirus family. It is not the type of herpes that causes mouth or genital sores. It usually has a classic pattern of high fever for 4 days, followed by rash for a few days. This classic presentation is most common between 8 to 12 months of age. Almost ALL children will have been infected by kindergarten.

What to expect? Abrupt fever and fussiness occurs and lasts for 3-5 days. Fevers are usually high in the 103-104F range. Besides mild diarrhea, there is generally no other symptoms during the fever. The fever suddenly stops, then over the next 24 hours a rash develops that starts on the chest/back. It can spread to the entire body. The rash can last a few days. The internet has good pictures of the rash. Serious complications are rare.

Treatment Options: It is a virus and there is no treatment to stop the infection from running its course. Breastfeed or formula feed as usual during the high fever to maintain hydration. Fever reducers can be used as needed. No treatment is needed for the rash.

Is it contagious? YES!!! Extremely contagious. Other children who have been around your child during this illness may get roseola 10-14 days after exposure. You can only get roseola once, although there are other viruses that can present similarly. Your child may return to school or daycare when they have had no fever for 24 hours.

When to call your doctor?

- Infant GIRLS with fever ONLY may need a urine test to make sure that they do not have an urinary tract infection as this can present almost identically to roseola
- Fever WITH rash at the same time!
- Fever lasting longer than 5 days

*** Patient handouts created by Kapa'a Pediatrics are intended to give parents the most common and pertinent facts about a certain issue. If there is ever any concern that your child was given an incorrect diagnosis or is not following the usual expected course for an illness please call us to speak with a physician. (808) 634-8011***