



# Durham Region Health Department Facts about...



## Roseola

### What is it?

Roseola is an illness caused by herpes virus types 6 or 7. It is most common in children 6 months to 2 years of age.

### How is it spread?

Roseola is spread from person to person from saliva and sneezing or coughing. The virus can be found in saliva in people who have no symptoms.

### What do I look for?

Roseola begins with a fever, sometimes higher than 40°C (104°F) and lasts 3-5 days. After the fever, a rash of small spots may appear on the face, trunk, arms and legs. Depending on your skin tone, the rash can be red, pink, darker than or the same colour as surrounding skin. The rash can last from a few hours to two days. Febrile seizures can occur during the fever. The child may be cranky and irritable.

### How is it treated?

There is no treatment except comfort care (rest, fluids, and acetaminophen or ibuprofen for fever). Antibiotics will not treat roseola because it is caused by a virus and not bacteria.

### How can I protect myself?

- Wash your hands frequently with soap and water, including after handling nose and throat discharges (i.e., after disposal of facial tissues containing nose discharges) or use hand sanitizer if hands are not visibly dirty.
- Cough or sneeze into your elbow and encourage others to do the same.
- Wash articles soiled with nose and throat discharges, including toys, in soapy water.
- Do not share water bottles, straws, eating utensils or anything else that has been in contact with saliva, nose or throat secretions.
- If you are ill, stay at home and isolate yourself from others.

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905-668-2020 or 1-800-841-2729 | [durham.ca/health](https://durham.ca/health)

If you require this information in an accessible format, contact 1-800-841-2729.

