

## Exanthema Subitum (Roseola Infantum)

A common, acute benign viral infection, that is one of the childhood exanthems. It has also been called 6th disease as it was the 6th childhood exanthem. Roseola usually occurs in infants and young children (ages 6 months to 3 years). It is characterized by sudden onset of a high temperature, followed by a rash. The condition occurs year round and generally affects children age 6 months to 15 months. The incubation period is typically 5 to 15 days. Little is known about the transmission and communicability but it is thought to transmit through secretions, like saliva.



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### Mechanism

#### Human Herpesvirus Type 6

[Harp-virus with \(6\) Sax](#)

This benign viral infection is thought to be transmitted by saliva. Most cases are caused by human herpesvirus type 6 (HHV-6), but some cases may be attributed to HHV-7. Although transmission is through droplets, isolation is not required.

### Signs and Symptoms

#### Sudden High Fever

[Sudden High Fever-beaver](#)

A sudden high fever of 37.9-40C (101-106F) is common and persists for 3-5 days in most children. Febrile seizures are a concern for many children.

#### Maculopapular, Nonpruritic Rash

[Mac-glow-papule-people with Nun-praire-dog](#)

Once the fever begins to subside, a rash appears. The rash is typically pinkish, red or raised spots that classically blanches or fades under pressure. It disappears in 1 to 2 days.

### Considerations

#### Febrile Seizures

[Fever Caesar](#)

Any child with an exceptionally high fever is at risk for febrile seizures. Measures to control the fever are the primary treatment.

#### Tepid Baths

[Tipi-bath](#)

Submersion in tepid water is a common practice to reduce exceptionally high fevers. Be sure never to submerge a child or patient in cool or cold water. Cool packs may also be applied to older children in the groin and armpits.

#### Ibuprofen

[Eye-Boop-fin](#)

Non-steroidal anti inflammatory medications (NSAIDs) like ibuprofen are given for their anti-pyretic properties.

#### Acetaminophen

[A-cheetah-with-a-fin](#)

Acetaminophen (Tylenol) is an analgesic medication which also has strong anti-pyretic properties.