

ROSEOLA



Roseola infantum, also known as sixth disease, is a common viral illness caused by primary infection with human herpesvirus 6 (HHV-6) or, less commonly, human herpesvirus 7 (HHV-7). Roseola most often presents in children between 6 and 12 months of age, in the period when maternal antibodies have waned and children have not yet developed their own antibodies to many viruses. Most children will have experienced roseola by age two. It is a self-limiting illness, requiring only supportive care.

Transmission

Roseola is transmitted via respiratory droplets that enter the child's nose or mouth when an infected person coughs, sneezes, talks, or laughs.

There is an incubation period of 5–15 days from the time of exposure to onset of symptoms.

The client is only contagious while fever is present.

Presentation

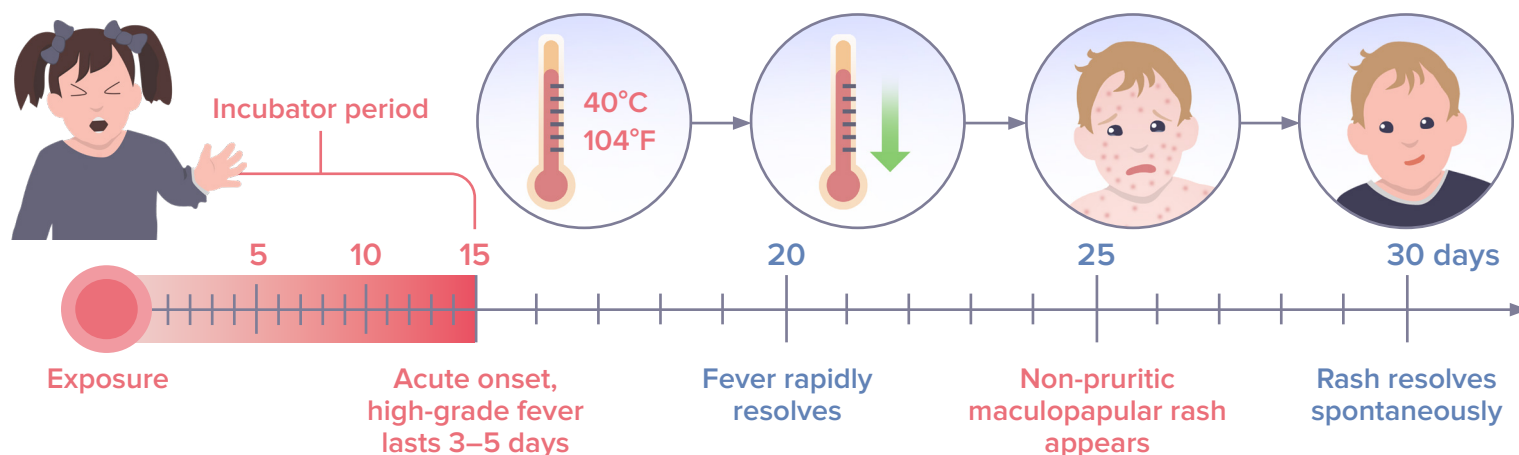
Roseola presents with the acute onset of high fever. Fever lasts for three to five days, then resolves precipitously. Fever resolution is followed by the appearance of a non-pruritic maculopapular rash, which begins on the trunk and spreads to the neck and arms.

Other symptoms associated with viral illness generally may include: swollen lymph nodes, sore throat, runny nose, irritability, mild diarrhea, decreased appetite.

In rare cases, febrile seizures may occur due to rapid onset of high fever, but are self-limiting and without long-term sequelae.

The client is only contagious while fever is present.

Progression of Roseola



Supportive care measures	Nursing considerations	Clinical tip
<ul style="list-style-type: none"> • Push oral fluids to avoid dehydration during high fever. • May use acetaminophen or ibuprofen if > 6 months old 	<ul style="list-style-type: none"> • Conduct a thorough history, be alert to the classic pattern of high fever followed by non-pruritic rash. • Complete thorough physical exam, rule out other causes of infection. • Educate parents about virus progression, expected self-resolution, and comfort measures to implement at home. 	<p>When fever caused by roseola is mistakenly treated with antibiotics, subsequent rash may be erroneously interpreted as an allergic reaction. Encourage watchful waiting to avoid antibiotic overuse and erroneous diagnosis of medication allergy.</p>

NOTES

