

**County of Santa Clara**  
**Public Health Department**



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**EXPOSURE NOTICE: ROSEOLA (SIXTH DISEASE)**

Date Issued: \_\_\_\_\_

Dear Parent, Legal Guardian, or Staff,

Students and staff may have been recently exposed to **roseola**. We are providing the information below so you know what steps you can take to protect yourself and others. This information does not replace talking with your doctor if you become sick. ***If you or your child have symptoms, please seek diagnosis and treatment from a healthcare provider as soon as possible.***

**ROSEOLA (SIXTH DISEASE):** An infection caused by a virus. Roseola typically causes fever and rash and occurs most often in babies and children younger than 5 years old.

**What are the symptoms?** Fever (often high, above 103 °F), which can last 3 to 5 days, and a red, raised rash. The rash usually appears the day the fever breaks and lasts 1 to 3 days.

**How is it spread?** By breathing in droplets that spread through the air when an infected person talks, coughs, or sneezes.

**When do symptoms start?** 5 to 15 days after exposure to the virus.

**Do staff or children need to stay home if symptoms develop?** No. However, your child should stay home if they have a fever or are unable to participate in group activities.

**When can staff or children go back to work, school, or childcare?** The child or staff member can return once they have been fever-free for at least 24 hours without the use of fever-reducing medication and they are fully able to participate in group activities.

For additional information, visit [healthychildren.org/English/health-issues/conditions/skin/Pages/Roseola-Infantum.aspx](https://www.healthychildren.org/English/health-issues/conditions/skin/Pages/Roseola-Infantum.aspx).