Roseola

Roseola is a common viral infection in children under 3 years of age. The infection begins with a high fever. The high fever can last for 3-5 days. A fine red rash then appears over the body as the fever decreases. This illness may also cause mild cold symptoms, but usually the infected child does not appear to be seriously ill. **Your child is contagious until the rash is gone**.

The main treatment is controlling your child's fever and discomfort. Only give your child over-the-counter or prescription medicines for pain, discomfort, or fever as directed by their caregiver. Encourage extra fluids to prevent dehydration.

Contact your caregiver right away if there are signs of a more serious illness:

- **Breathing problems.**
- **Tugging at an ear.**
- **Persistent fever.**
- **Vomiting.**
- **Seizures.**
- **Delirium.**
- **Marked weakness.**

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