

The 6th disease – also called roseola. (Exanthem subitum)

This is a viral infection caused by two herpes viruses, HHV-6 or HHV-7.

Symptoms : Fever , comes on suddenly and may be very high. This may last for a few days and just as the child appears to be recovering, the rash appears. Rash begins on the torso, spreading to the neck and arms. It is not itchy and lasts only 1-2 days.

Transmission: Through respiratory secretions, saliva and the faecal-oral route. Children with fever should not attend school.

Treatment: Symptomatic treatment and prevention of dehydration by encouraging fluids whilst the child has a fever. Due to the sudden onset and characteristically high fevers, febrile convulsions can occur. It is advisable to keep the fever down with paracetamol or ibuprofen.

