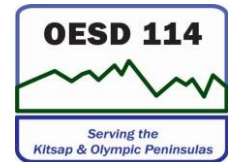




## Olympic Educational Service District 114

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### OESD Head Start / ECEAP/ Early Head Start EXPOSURE NOTICE

Date :

To: All Parents

From: Your Child's Classroom

Subject: **ROSEOLA (Sixth Disease)**

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Your child may have been exposed to Roseola. Please watch for signs of it in the next 9-10 days.

**Appearance:** Child may experience a sudden high fever that may last 3-5 days, although it can last up to 8 days. After the fever ends, a rosy-pink rash may appear on the chest and abdomen, often spreading to the neck, face, and limbs. The rash does not itch and may last 1-2 days. A child with roseola may be irritable or have a decreased appetite.

**Cause:** Two common viruses of the herpes virus family

**Spread:** The viruses that cause roseola are spread through airborne droplets from the nose and throat of an infected person.

**Treatment:** *Do not use aspirin* for fever - use a non-aspirin medication. Call your child's doctor for further information. The roseola rash should go away without medical treatment. On rare occasions, a sore throat, stomach ache, vomiting or diarrhea may be present. Contact your child's doctor if the rash worsens, symptoms become too uncomfortable for your child to tolerate, other symptoms of infection appear, a new rash continues longer than 1 week, or your child's symptoms become more severe or frequent

**Return to Class:** Children who are fever-free without medication for at least 24 hours can return to school, even if they still have rash as they are no longer contagious.

**Prevention:** Frequent hand washing, covering coughs and sneezes.

If you have questions, please contact your classroom's Family/Health Advocate, the Health Program Manager 360-478-6878, or the Kitsap Public Health District Communicable Disease Nurses 360-728-2235.

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*if staff have concerns about a child's ability to safely return to class, we reserve the right to request a note from the child's health care provider.*

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