

## PARAPERTUSSIS

Consult the health department before posting/distributing Parent/Guardian fact sheet.

Parapertussis is similar to pertussis but tends to be a milder disease than pertussis.

<b>CAUSE</b>	<i>Bordetella parapertussis</i> bacteria.
<b>SYMPTOMS</b>	Parapertussis begins with a runny nose, sneezing, mild cough, and possibly a low-grade fever. The cough may occur in sudden, uncontrollable bursts, sometimes ending with high-pitched whooping sounds and/or vomiting.
<b>SPREAD</b>	When a person with parapertussis coughs tiny droplets with parapertussis bacteria into the air and another person breathes them in.
<b>INCUBATION</b>	It takes from 6 to 21 days, usually 7 to 10 days from the time a person is exposed until symptoms start.
<b>CONTAGIOUS PERIOD</b>	Unknown, but probably most infectious at the time of early cold-like symptoms.
<b>EXCLUSION</b>	<u>Childcare</u> and <u>School</u> : None, if the child is well enough to participate in routine activities.
<b>DIAGNOSIS</b>	To confirm a diagnosis of parapertussis, laboratory tests are performed on material collected by placing a flexible swab through the nostril to the back of the nose and throat.
<b>TREATMENT</b>	Persons with parapertussis can be treated with antibiotics, but antibiotics may do little to lessen the symptoms. Treatment is most effective if started soon after cough begins.

### PREVENTION/CONTROL

- Cover your nose and mouth with a tissue when coughing or sneezing, or cough/sneeze into your sleeve. Dispose of used tissues.
- Wash hands thoroughly with soap and warm running water after contact with secretions from the nose or mouth. **Thorough handwashing is the best way to prevent spread of communicable diseases.**
- Preventive treatment is not generally recommended for contacts of people with parapertussis. Preventive treatment may be considered for close contacts who are at a higher risk for more severe disease, including infants and immunocompromised persons.
- Clean and sanitize mouthed toys, objects, and surfaces at least daily and when soiled. (See pgs 34-36.)

For more information, call Hennepin County HSPHD-Epidemiology at (612) 543-5230 or call your local health department.

Prepared by Hennepin County Human Services and Public Health Department (HSPHD)

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