

PARAPERTUSSIS

Parapertussis is similar to pertussis, but tends to be a milder disease. It is not a reportable disease.

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

CAUSE	<i>Bordetella parapertussis</i> bacteria.
SYMPTOMS	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.
SPREAD	Parapertussis bacteria are spread when an infected person coughs or sneezes tiny droplets into the air, and another person breathes them in. Also can be spread by touching the secretions from the nose and mouth of an infected person and then touching one's eyes, nose, or mouth.
INCUBATION	It takes from 6 to 21 days, usually 7 to 10 days from the time a person is exposed until symptoms start.
CONTAGIOUS PERIOD	Unknown, but probably most infectious during the first three weeks of coughing. A person with parapertussis is no longer infectious after completing five days of antibiotic treatment or if they have been coughing longer than 3 weeks.
EXCLUSION	<u>Childcare</u> and <u>School</u> : None, if the child is well enough to participate in routine activities.
DIAGNOSIS	Laboratory tests are performed on material collected by placing a flexible swab through the nostril to the back of the nose and throat (nasopharyngeal swab) or on a blood sample.
TREATMENT	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. Infants with parapertussis are usually treated.
PREVENTION/CONTROL	<ul style="list-style-type: none">• Cover your nose and mouth with a tissue when coughing or sneezing, or cough/sneeze into your sleeve. Dispose of used tissues in the trash.• 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. If soap and water are not available, use an alcohol-based hand sanitizer.• 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 people.• Clean and sanitize mouthed toys, objects, and surfaces at least daily and when soiled (see Section 2).

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

