



# Parapertussis

Your child may have been exposed to parapertussis. Parapertussis is a bacterial illness in the lungs that is similar to pertussis (whooping cough), but it tends to be milder.

## If you think your child has parapertussis:

- Tell your childcare provider or call the school.
- Your child does not need to stay home from childcare or school if they are healthy enough for routine activities.
- For more information, call Hennepin County HSPHD-Epidemiology at 612-543-5230 or your local health department.

## Parent/Guardian information

### Symptoms

Your child may start by having a runny nose, sneezing, or mild coughing. Then they may develop a cough that happens in sudden, uncontrollable bursts. The cough may end with high-pitched whooping sounds and/or vomiting.

If your child has been infected, it takes 6 to 21 days (usually 7 to 10 days) for symptoms to start.

### Spread

- By sneezing or coughing.
- By touching contaminated hands, objects, or surfaces.

### Contagious period

Unknown, but likely to be most contagious during the first three weeks of coughing.

### Call your health care provider

- If anyone in your home is coughing for more than 7 days.
- If your child was exposed and showing symptoms of parapertussis.

Your doctor may want to test for the bacteria. In some instances, antibiotics may be recommended.

## Prevention

- Cover nose and mouth when coughing or sneezing by using a tissue or your sleeve. Dispose of used tissues in the trash.
- Wash hands after touching anything that could be contaminated with secretions from the nose or mouth. Your child may need help with handwashing.
- Clean and disinfect any objects or surfaces that come in contact with secretions from the nose or mouth.
- Preventative treatment may be considered for infants and immunocompromised people who have come in close contact with someone with parapertussis.

