



### HEALTH ALERT: PARAINFLUENZA 3

Human parainfluenza viruses (HPIVs) commonly cause upper and lower respiratory illnesses in infants, young children, older adults, and people with weakened immune systems, but anyone can get infected.

- SIGNS: Fever. Cough. This can be a mild cough, a barky cough (croup) or a persistent cough with mucus (bronchitis). Runny or stuffy nose. Sore throat. A high-pitched sound when you breathe (wheezing or stridor). Hoarseness. Sneezing. Irritability. Decreased appetite. Vomiting. Diarrhea.
- TRANSMISSION: Droplets. People with the virus can spread it to others (via cough or sneeze). A person might also get the virus by touching a surface or object that has the virus on it and then touching their own mouth or nose.
- INCUBATION: 2 to 6 days
- TREATMENT: Doctor may give medications. Treatment is based on symptoms. Drink clear fluids and rest.
- EXCLUSION: Must be symptom free. Follow up with the doctor and provide a note clearing your child to return to daycare.