
Mycoplasma pneumoniae

What is it?

Mycoplasma pneumoniae is a bacteria that can cause bronchitis and upper respiratory tract infection and fever. It is sometimes called “atypical pneumonia.”

What are the symptoms?

Symptoms include fever, headache, body aches, and cough. This infection often causes bronchitis and leads to pneumonia in about 10 per cent of cases.

Who is at risk?

Anyone, but most often seen in school-aged children and young adults.

When do symptoms start?

Usually from six to 32 days after coming in contact with the infection.

When is it contagious?

It is thought to be contagious for less than 20 days.

How does it spread?

Mycoplasma pneumoniae is spread from person-to-person through contact with droplets from the nose and throat of infected people when they cough and sneeze. It can also be spread through contact with objects soiled with discharge from the nose/throat of infected people (e.g. tissues, hands, toys, countertops, etc.)

How is it treated?

This infection can be treated with antibiotics.

How can the spread of *Mycoplasma pneumoniae* be reduced?

You can help reduce the spread of *Mycoplasma pneumoniae* by:

- covering your nose and mouth when you cough and sneeze;
- washing your hands well and washing them often;
- putting your soiled tissues in garbage right away.

What should I do if I get sick with *Mycoplasma pneumoniae*?

- See your doctor for treatment
- Stay at home and away from others until your symptoms have gone