

NOTIFICATION OF CONFIRMED PERTUSSIS

Dear Parent or Guardian,

A case of pertussis (whooping cough) has been reported among children and/or staff. Pertussis is caused by a germ that leads to severe coughing. It spreads through the air when someone with it coughs, sneezes, or talks. The germ can be spread from the start of coughing up to 3 weeks later. Pertussis is dangerous in infants. **Please read below for more important information.**

Symptoms:

Symptoms start 5-21 days after exposure and usually lasts 12 weeks. Do not send your child to school if they have symptoms. People may have different symptoms including one or more of the following:

- Severe coughing over, and over (worse at night)
- Shortness of breath.
- Infants turning blue or purple or not breathing
- Vomiting or gagging.
- Low grade or no fever
- Runny nose
- High-pitched “whoop” sound when inhaling after coughing.

When can my child return to school:

Your child can return to school after finishing the antibiotic treatment (which is usually 5-7 days).

Treatment:

Pertussis is treated with antibiotics. It's important to treat close contacts, especially at home or high-risk individuals, whether they show symptoms or not. While waiting for test results, and if positive, during the treatment, stay home even if feeling well.

What you can do if you or your child has pertussis:

- Stay home from work or school until antibiotic treatment is finished.
- Cover your mouth and nose with a tissue or your upper arm when you cough or sneeze.
- Wash your hands with soap and water for at least 20 seconds
- Clean and disinfect things you touch a lot, like doorknobs or faucet handles, and shared items (e.g., toys, utensils, etc.).

What can you do to prevent:

- Stay up to date with pertussis vaccine (Tdap, DTaP)
- Avoid contact with sick people
- Monitor you or your child if exposed to pertussis for 3 weeks regardless of having received the vaccine.