



January 29, 2019

Dear Parent/Guardian:

Several Club members have been diagnosed with pertussis (whooping cough). Pertussis is an illness that is spread by coughing.

We are sending you this information to increase your awareness about this infection and ways to prevent it.

Pertussis infection often starts like a common cold, then gets worse over 1-2 weeks. Symptoms are long coughing fits, sometimes followed by a "whooping" sound. Other signs are vomiting, gagging or choking after a coughing episode. Infants are at the highest risk of more serious pertussis infection. If pregnant women, new mothers, and others who have close contact with infants get pertussis, they can spread it to infants.

Pertussis is spread by close contact to a person with pertussis who has a cough or runny nose. Examples of close contact include receiving a cough or sneeze in the face, sharing food or eating utensils, or kissing. It can take up to 3 weeks (usually 1-2 weeks) after contact before any symptoms begin. Pertussis is treatable with antibiotics.

The vaccine usually provides protection, but sometimes even immunized children and adults can get pertussis as immunity can wane. Those that have been immunized usually have milder symptoms.

What should I do?

- ✓ If your child begins to have any symptoms of pertussis, including cough, runny nose or severe coughing with a "whoop", call your child's healthcare provider. Please bring this letter to your healthcare provider. Always ask for a mask to cover the nose and mouth for the individual who has symptoms when he/she is in a health care facility or in the waiting room of his/her doctor.
- ✓ Make sure your children are up-to-date with their immunizations. Pertussis immunizations include 5 doses of DTap at 2, 4, 6, 15 months, and at 4-6 years of age. A booster shot (Tdap) is recommended for all adolescents aged 11-12 years of age.

General information about pertussis can be found at www.sfcdcp.org/pertussis

The Club Leadership Team

Randy, Joselyn, Sherri, Vince, Deborah, and Mary