

It is that time of year again, cold and flu season, when we begin to see increased incident of illness.

Please help us to prevent the spread of illness at our school by following these guidelines:

FEVER Your child's temperature should be less than 100° for 24 hours before returning to school, without the use of medicine.

VOMITING Your child should remain home for 24 hours after the last episode of vomiting.

DIARRHEA Your child should remain home for 24 hours after the last episode of diarrhea associated with an acute illness.

COUGH If your child has a persistent cough that does not go away after 7-10 days, visit your physician for treatment and or diagnosis. (See information on pertussis on following page).

Infections can also be reduced by frequent handwashing, prompt disinfection of contaminated surfaces with appropriate cleaners and prompt washing of soiled articles of clothing.

Take care of yourself and follow these tips for good health, including getting plenty of rest, daily exercise, eating regular balanced meals, and drinking plenty of fluids. Don't get sick, Wash up quick!

Call your family doctor to see if they recommend the flu vaccine. Go to the Public Health website at www.phdmc.org for additional information.

What is pertussis?

Pertussis, or whooping cough, is a respiratory infection caused by the bacteria *Bordetella pertussis*.

Who gets pertussis?

Pertussis can occur at any age. Although most of the reported cases occur in children under five years, the number of cases in adolescents and adults is increasing. Adolescents and adults and those partially protected by the vaccine may have milder disease which is not diagnosed as pertussis. Pertussis is thought to account for up to 7% of cough illnesses per year in adults.

How is pertussis spread?

Pertussis is primarily spread by direct contact with the discharges from the nose and throat of infected individuals. Frequently, older siblings or other adult household members who may be harboring the bacteria in their nose and throat can bring the disease home and infect an infant in the household.

What are the symptoms of pertussis?

Pertussis begins as a mild upper respiratory infection. Initially, symptoms resemble those of a common cold, including sneezing, runny nose, low-grade fever and a mild cough. Within two weeks, the cough becomes more severe and is characterized by episodes of numerous rapid coughs followed by a crowing or high-pitched whoop. A thick, clear mucous may be discharged with the coughing. These episodes may recur for one to two months, and are more frequent at night. Young infants, adolescents, and adults do not have these typical coughing spells. Older people or partially immunized children may have milder symptoms.

How soon after infection do symptoms appear?

The incubation period is usually 7 to 10 days, with a range of 4 to 21 days.

When and for how long is a person able to spread pertussis?

A person can transmit pertussis from the onset of symptoms to three weeks after the onset of coughing episodes. The period of communicability can be reduced to five days after appropriate antibiotic therapy is begun.

Does past infection with pertussis make a person immune?

One attack usually confers prolonged immunity.

What are the complications associated with pertussis?

Young infants are at the greatest risk for complications. Serious complications of pertussis include pneumonia, seizures, encephalopathy (disorders of the brain), and death. Less serious complications include ear infections, loss of appetite, and dehydration.

What is the vaccine for pertussis?

Children should be immunized with the DTaP (diphtheria, tetanus, acellular pertussis) vaccine at 2, 4, 6 and 15 to 18 months of age and between 4 and 6 years of age.

What can be done to prevent the spread of pertussis?

The single most effective control measure is maintaining the highest possible level of immunization in the community. The treatment of cases of pertussis with the appropriate antibiotic is important, as is the treatment of close contacts of cases. In addition, medical professionals should consider the diagnosis of pertussis in adolescents and adults with persistent coughs. People who have or may have pertussis (including those with a persistent cough) should stay away from young children and infants until properly evaluated by a physician.

If you have further questions, please contact the Public Health-Dayton and Montgomery County at 225-4508 or 496-7699.