



School Pertussis Toolkit

March 2018

Stanislaus County Health Services Agency | Communicable Disease Program

Introduction

The Stanislaus County Health Services Agency developed this toolkit to assist schools and childcare center employees in identifying and addressing suspected or confirmed cases of pertussis (whooping cough) in schools and childcare settings. This toolkit contains material for school and childcare facility staff and for parents and care givers.

The Stanislaus County Health Services Agency Communicable Disease Prevention Section, prepared this manual, for school nurses, childcare providers and parents/guardians of children attending school and childcare. The information is intended to familiarize school nurses, childcare providers and parents with specific information regarding whooping cough that can be seen in schools and childcare settings. The fact sheets can be easily photocopied for distribution to parents and guardians. In the event that whooping cough occur among children attending school or childcare, parents or guardians should be promptly notified by the school nurse or childcare provider and urged to contact their family physician to obtain specific medical care advice.

School Nurses and Childcare Administrators should immediately notify the Communicable Disease Prevention Section concerning suspected or confirmed cases of whooping cough or any unusual disease occurrence in their facilities so that appropriate disease control measures may begin promptly. To contact the Communicable Disease Control Section call (209) 558-5678 or fax (209) 558-8184



HEALTH SERVICES AGENCY

Public Health Services

820 Scenic Drive, Modesto, CA 95350-6194

Julie Vaishampayan, MD, MPH
Public Health Officer

Dear School Nurse and Childcare Administrator,

The next pertussis epidemic is anticipated in 2018 or 2019 with an increase in pertussis among adolescents. While pertussis can occur at any time in California, there are cyclical increases in disease incidence with epidemics occurring every 3-5 years. The last pertussis epidemic years in California were 2010 and 2014, when more than 9,000 and 11,000 cases were reported, respectively. In 2017, several counties reported increases in pertussis among adolescents. Nearly half (1,427; 49%) of the cases reported in 2017 were 10-17 years of age.

While there has not been any report of pertussis in Stanislaus County, it is important that you remain vigilant for students exhibiting signs of pertussis and take the necessary steps to reduce the spread of the disease in your school. Please review our updated guidance (attached) and your communicable disease plan to ensure that it is current.

Like many respiratory illnesses, pertussis spreads by coughing and sneezing while in close contact with others, who then breathe in the bacteria. Young infants have the highest reported rates of illness, hospitalization and death from pertussis (Whooping Cough). The Centers for Disease Control and Prevention (CDC) recommends practicing good hygiene to prevent the spread of respiratory illnesses.

To practice good hygiene you should encourage your students to:

- Cover mouth and nose with a tissue when coughing or sneezing.
- Put used tissue in the waste basket.
- Cough or sneeze into upper sleeve or elbow, not in their hands, if no tissue is available.
- Wash hands often with soap and water for at least 20 seconds.
- Use an alcohol-based hand rub if soap and water are not available.

The Stanislaus County Health Services Agency/Public Health Communicable Disease Prevention Section continues to monitor pertussis data in the county and will provide additional information if it becomes necessary.

Thank you for your work protecting the health of the children in our community.

Sincerely,

Julie Vaishampayan, MD, MPH
Public Health Officer

Additional Information:

Stanislaus County Health Services Agency Communicable Disease Prevention Section: Telephone number: (209) 558-5678.

Webpage: <http://schsa.org/PublicHealth/pages/immunization/html/immunization-information.shtml>

California Department of Public Health:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/pertussis.aspx#>

CDC Information for Preteens & Teens: <https://www.cdc.gov/pertussis/about/prevention/preteens-teens.html>

Coalition to Prevent Childhood Pertussis: <http://www.immunizeca.org/resources/pertussis-prevention>

Pertussis: Management of cases in K-12 school settings when pertussis is widespread in the community

- The CDC and the American Academy of Pediatrics recommend that children with pertussis be excluded from school until they have completed 5 days of antibiotic treatment. However, many cases will be undiagnosed and untreated and the benefit of school exclusion of known cases is unclear. In these situations, school administration may consider permitting cases who have started but not completed 5 days of antibiotic treatment to attend school if they are well enough to participate in school activities.
- School exclusion of unvaccinated students is generally not indicated.
- Stanislaus County Communicable Disease Prevention (CDP) Section will provide pertussis guidance to schools, including assisting with pertussis communications to the school community. Such communications will include:
 - The signs and symptoms of pertussis;
 - Information about pertussis vaccines and waning immunity;
 - The recommendation that pregnant staff and students should receive Tdap vaccine at the earliest opportunity between 27-36 weeks gestation; and
 - Information that infants <1 year of age are at the highest risk of pertussis complications and that the medical providers of high-risk household members, including infants <1 year and pregnant women in their third trimester, should be contacted to discuss antibiotic prophylaxis.

For cases who are K-12 students, please record name of school case attends.

- a. Other than pregnant staff or students, contacts in a K-12 school setting are typically lower-risk and do not require postexposure prophylaxis.
- b. Stanislaus County CDP Section will consider notification of the case's school.

***For additional information please contact the Communicable Disease nurse at:
(209) 558-5678***

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Resources For Schools



Whooping Cough (Pertussis):



Symptoms in Babies Are Different

Babies younger than 6 months old with pertussis often do not have a typical cough. In the early stages, babies may:

- gasp or gag
- feed poorly
- turn blue around the mouth
- stop breathing

Symptoms can get worse very fast. Often, babies need to go to the hospital for care.

What Is Whooping Cough (Pertussis)?

- an infection that spreads easily when someone with the disease coughs or sneezes
- it can cause death in babies

Whooping Cough Signs and Symptoms

Early Symptoms

Often, early symptoms are mild and like a common cold:

- runny nose
- low or no fever
- sneezing
- mild cough

Symptoms After 1-2 Weeks

Symptoms can get worse fast and can last for months. They include bad coughing attacks that may lead to:

- a “whoop” sound
- vomiting
- problems breathing
- difficulty sleeping
- extreme tiredness

Treat Whooping Cough Early

Call Your Doctor If You or a Family Member:

- have any symptoms of whooping cough

Your Doctor May Prescribe an Antibiotic Medicine

Early treatment with antibiotic medicine can:

- keep you from getting sicker
- prevent you from spreading the disease to others
- be given to babies and other household members to protect them from getting sick

If You Have Whooping Cough:

- stay home. Avoid contact with others until you have finished treatment
- have an adult who is not sick care for your baby
- contact your baby’s doctor

Whooping Cough Shots Prevent the Disease

Everyone needs to be up-to-date on their whooping cough shots (DTaP for children age 6 and younger; or Tdap for children 7 years and up).

Protect yourself. Protect your family.

Get Vaccinated!

Talk with your doctor.

Produced by Georgia Department of Public Health

La tos ferina:



¿Qué es la tos ferina?

- una infección que se transmite fácilmente cuando alguien con la enfermedad tose o estornuda
- puede ser mortal para los bebés

Signos y síntomas de la tos ferina

Primeros síntomas

Usualmente los primeros síntomas son leves y parecidos a un resfriado común:

- moqueo nasal
- fiebre baja o nada de fiebre
- estornudos
- tos leve

Síntomas después de 1-2 semanas

Los síntomas pueden empeorar rápidamente y durar varios meses. Pueden incluir ataques de tos fuertes que causan:

- un sonido agudo
- vómitos
- problemas al respirar
- problemas para dormir
- cansancio extremo

Los síntomas en los bebés son diferentes

Usualmente los bebés menores de 6 meses de edad que sufren de tos ferina no tienen una tos típica. En las primeras etapas, los bebés pueden:

- sufrir jadeos o arcadas
- perder el apetito
- sufrir coloración azulada alrededor de la boca
- parar de respirar

Los síntomas pueden empeorar rápidamente. A veces los bebés necesitan ir al hospital para recibir cuidado médico.

Trate la tos ferina temprano

Llame al médico si usted o un miembro de su familia:

- muestra síntomas de tos ferina

Es posible que su médico le recete antibióticos

El tratamiento temprano con antibióticos puede:

- prevenir que empeore la enfermedad
- prevenir que no contagie la enfermedad a otras personas
- ser administrado a bebés y a otros miembros del hogar para prevenir que se enfermen

Si sufre de tos ferina:

- quédese en casa y evite el contacto con otras personas hasta que termine el tratamiento
- pida a un adulto que no esté enfermo que cuide a su bebé
- llame al médico de su bebé

Las vacunas contra la tos ferina previenen la enfermedad

Todos necesitan estar al día con las vacunas contra la tos ferina (DTaP para niños de 6 años de edad o menos o Tdap para niños mayores de 7 años).

Protéjanse. Protejan a su familia.

¡Vacúnense!



¿Tiene preguntas?

Hable con su médico.

Produced by Georgia Department of Public Health

Sample Notification Letter

Dear Parent or Guardian:

Your child may have been exposed to pertussis (whooping cough). Since [insert date], the Stanislaus County Health Services Agency Public Health Division has seen an increased number of pertussis cases in [insert location]. Pertussis is an infection that affects the airways, and it can easily spread from person to person by coughing or sneezing. Pertussis can cause a severe cough that lasts for weeks or months, sometimes leading to coughing fits and/or vomiting. Anyone can get pertussis, but it can be very dangerous for babies and people with weakened immune systems. Family members with pertussis, especially siblings and parents, can spread pertussis to babies.

Recommendations:

1. If your child has a cough:
 - Keep your child home from school and activities, such as sports or play groups. See items 4 and 5 about when your child can return to these activities.
 - Make an appointment with your child's doctor as soon as possible and tell the doctor that your child may have been exposed to pertussis.
2. If your child has a weakened immune system, ask your child's doctor to prescribe antibiotics to your child as soon as possible to prevent pertussis. Doctors should give antibiotics to a child with a weakened immune system if they may have been exposed to pertussis, even if he or she is not coughing.
3. If your child lives with any of the following people, ask your child's doctor to prescribe antibiotics as soon as possible to your child, even if he or she is not coughing:
 - A woman who is pregnant
 - A baby younger than 12 months old
 - Anyone with a weakened immune system
4. If your child has been diagnosed with pertussis by his or her doctor:
 - Tell the school that a doctor diagnosed your child with pertussis.
 - School officials may request that you keep your child home from school and activities, such as sports or play groups, until your child has been on antibiotics for five days to treat pertussis.
 - Ask your child's doctor for a note that states your child has pertussis.
5. If your child's doctor says your child does NOT have pertussis:
 - Ask for a note from the doctor telling the school that your child's cough is NOT pertussis and that your child can return to school and other activities at any time.

Please make sure your family's vaccinations are up-to-date. Protection against pertussis from the childhood vaccine, DTaP, decreases over time. Older children and adults, including pregnant women, should get a pertussis booster shot called "Tdap" to help protect themselves and babies near or around them. If you need Tdap, contact your doctor or call [insert contact] to find a vaccine provider near you.

If you bring your child to a doctor for pertussis, please show the reverse side of this letter to him or her. If you have any questions or concerns, please call us at (209) 558-5678.

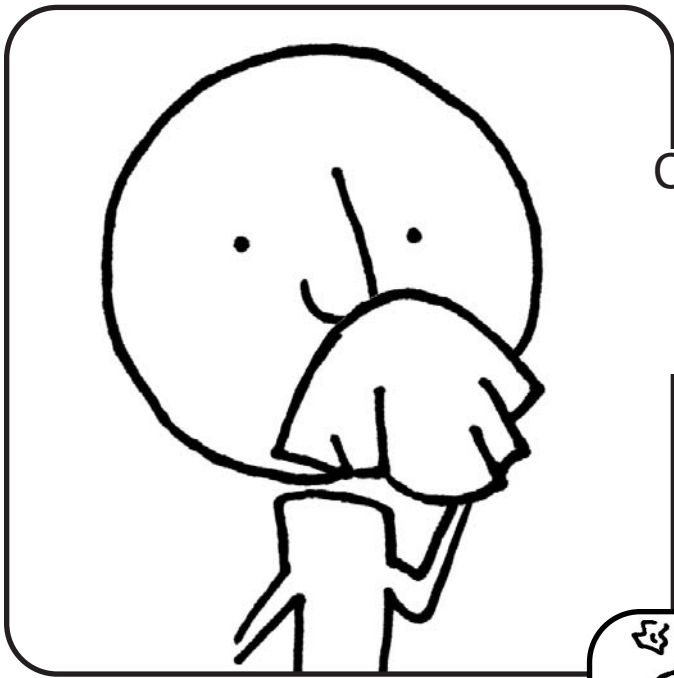
Sincerely,

Resources For Parents

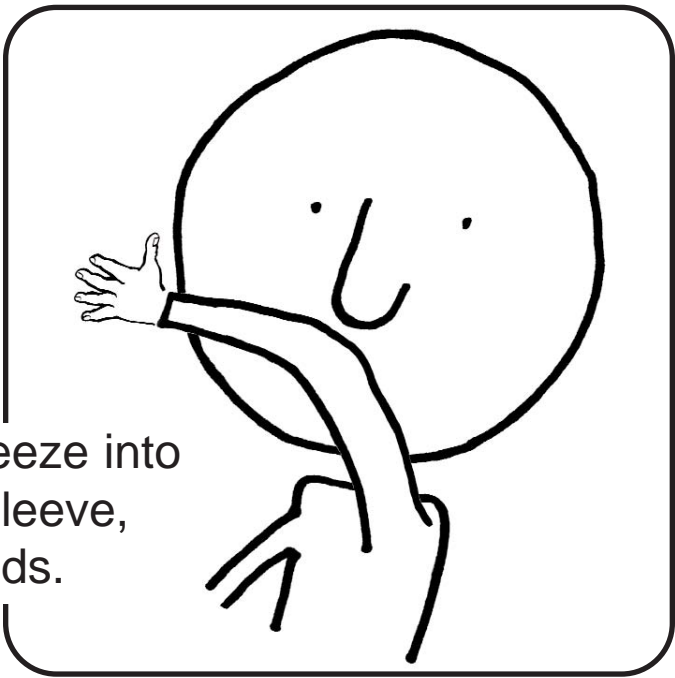


Stop the spread of germs that make you and others sick!

Cover your Cough



Cover your mouth
and nose with a
tissue when you
cough or sneeze
or
cough or sneeze into
your upper sleeve,
not your hands.

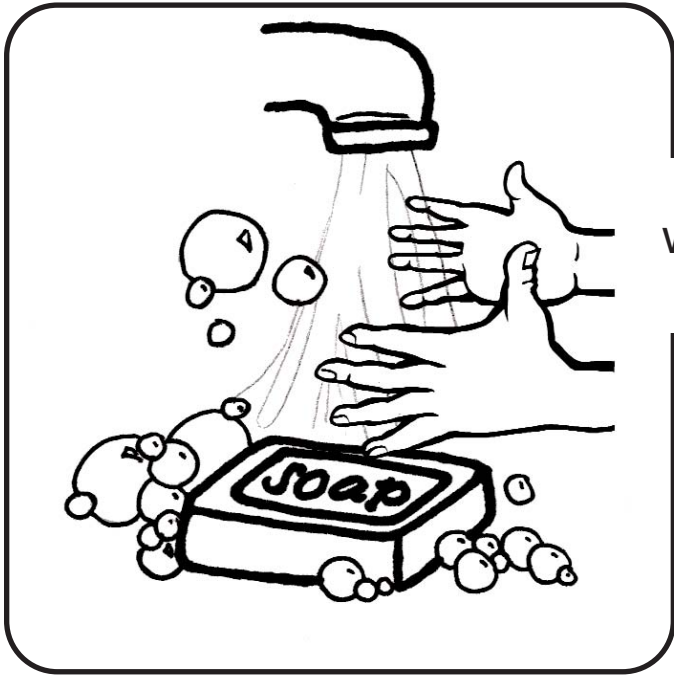


Put your used tissue in
the waste basket.



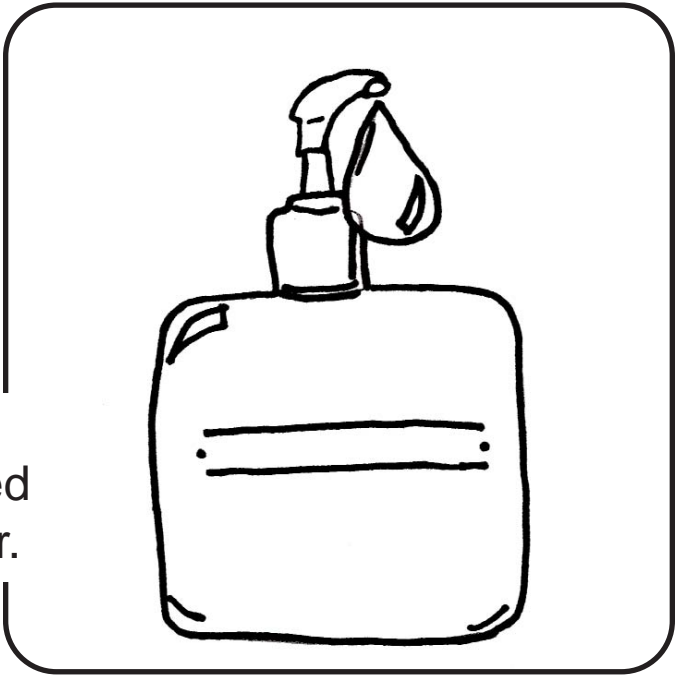
Clean your Hands

after coughing or sneezing.



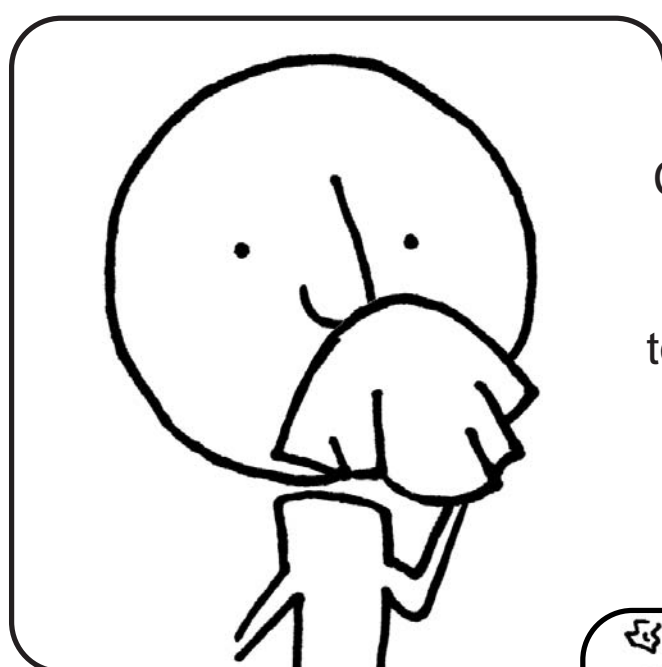
Wash hands
with soap and
warm water

or
clean with
alcohol-based
hand cleaner.



¡Pare la propagación de gérmenes que lo enferman a usted y a otras personas!

Cubra su tos



Cubra su boca y
nariz con un
kleenex cuando
tosa o estornude

o
tosa o estornude en la
manga de su camisa,
no en sus manos.

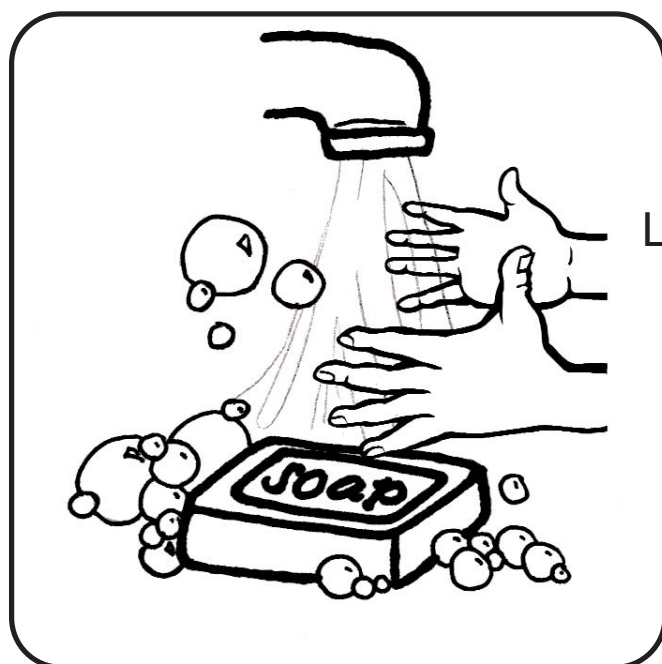


Deseche el kleenex
sucio en un basurero.



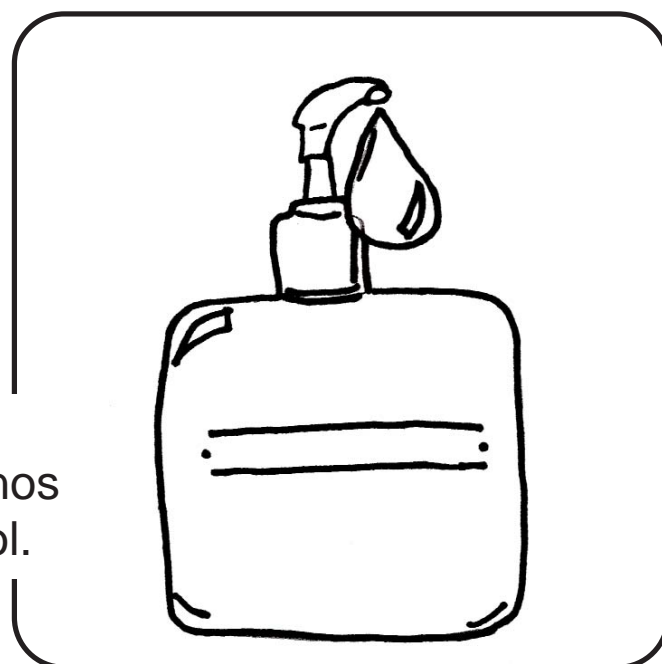
Lávese las manos

después de toser o estornudar.



Lávese con agua
tibia y jabón

o
límpiase con un
limpiador de manos
a base de alcohol.



Pertussis Questions and Answers

For Parents & Caregivers



What is pertussis?

Pertussis, commonly known as whooping cough, is a highly contagious bacterial infection that is characterized by severe coughing. It is one of the most common vaccine-preventable diseases in the United States.

What are the symptoms of pertussis?

The first symptoms of pertussis are similar to a cold: a runny nose, sneezing, possibly a low-grade fever and a cough. After one or two weeks, the cough becomes severe as noted by the following:

- The cough occurs in sudden, uncontrollable bursts where one cough follows the next without a break for breath.
- Some children will make a high-pitched whooping sound when breathing in after a coughing episode. Whooping is less common in infants and adults.
- Coughing episodes may cause vomiting.
- Young infants may not cough but instead have difficulty feeding, gagging, vomiting and apnea (periods where infant stops breathing).
- Children may appear well in between coughing episodes.

Who gets pertussis?

Anyone can get pertussis! Pertussis is most commonly diagnosed in infants and young children, though adults account for more than half of all cases. Children and infants often get pertussis from older siblings or adults who might not know they have the disease.

What complications are associated with pertussis?

Pertussis in infants is often severe. Infants are more likely than older children or adults to develop complications. The most common complication of pertussis is bacterial pneumonia. Rare complications include seizures, inflammation of the brain, and death.

How is pertussis spread?

Pertussis is spread by respiratory droplets when an infected person coughs or sneezes. In general, a person is at greatest risk of getting the disease if they are in close contact with someone with pertussis for a prolonged period of time.

How long is a person with pertussis contagious?

Pertussis is most contagious early in the illness. Persons who have pertussis, who have completed five days of appropriate antibiotics are no longer contagious. Without treatment, infected persons can spread pertussis during the first 3 weeks they are coughing. Children with pertussis should be kept out of daycare and school until they are no longer contagious.

How long can a person have pertussis?

A person can have pertussis for as long as 3 months. Treatment with antibiotics prevents further spread of the disease, but does not immediately resolve the symptoms.

What tests are available to diagnose pertussis?

Your healthcare provider can perform tests to confirm the diagnosis of pertussis. To test for pertussis, the nasal passages are swabbed. Material on the swab is then examined in the lab for the presence of pertussis bacteria.

How is pertussis treated?

Antibiotics, if started early, may help reduce the severity of symptoms. Treatment with antibiotics may not resolve symptoms, but will prevent the spread of disease to others.

Pertussis Questions and Answers

For Parents & Caregivers

Is there a vaccine for pertussis?

Yes. There are two pertussis vaccines (DTaP and Tdap). Both vaccines are given in combination with tetanus and diphtheria. Your age determines which vaccine you should receive.

- **DTaP vaccine** is given to **children through 6 years of age**. Children should receive shots at 2, 4, 6, and 15-18 months of age, and at 4 to 6 years of age.
- **Children 7 through 10 years** who are not fully vaccinated against pertussis should receive a single dose of Tdap. Children who have never received any doses, or don't know if they have, should receive a series of three vaccinations containing tetanus and diphtheria toxoids, and one of these should be Tdap.
- **Adolescents 11 through 12 years** should receive a single dose of Tdap, which is usually given at their pre-adolescent check-up.
- **Adolescents 13 through 18 years** who missed getting the Tdap should get it the next time they see their health care provider.
- **Adults age 19 through 64 years** should receive a single dose of Tdap. This is especially important if they will be in contact with infants younger than 1 year of age.
- **Adults 65 years and older** who have or anticipate having close contact with an infant younger than 1 year of age should receive a single dose of Tdap. It can also be given to other adults who wish to be protected against pertussis disease.
- **Pregnant women** who have not received a Tdap vaccination should receive Tdap in the late second or third trimester for **each** pregnancy irrespective of past history of Tdap receipt. Women who do not receive Tdap during pregnancy should get their Tdap vaccination right after delivery.

Timing of Tdap: If you haven't received Tdap yet but have received Td vaccine recently, you should get Tdap. Ask your health care provider for Tdap at your next visit.

My child has been exposed to pertussis, what should I do?

If you think your child has been exposed to pertussis contact your doctor immediately. A doctor can prescribe post-exposure medication that will prevent further spread of disease and may modify the severity of disease, if given within 3 weeks of exposure.

Is it okay to take my child to public places (ie. grocery store, daycare, playground)?

If you think your child has been exposed to pertussis you should avoid taking him or her to public places until a doctor refutes or confirms pertussis. If your child has a current pertussis infection, you should avoid taking him or her to public places until the disease has resolved (after completing 5 days of antibiotics or 21 days after cough onset). All contact with unimmunized children, immunocompromised persons or pregnant women should be avoided.

Children with pertussis should be kept out of daycare and school until they are no longer contagious.

Can a person who has been fully immunized get pertussis?

People whose immunizations are up-to-date can get pertussis. Immunity from receiving the pertussis vaccine decreases over time, so adolescents and adults who were fully immunized as children do not have full protection from pertussis. Adolescents and adults should receive Tdap, a pertussis booster vaccine, to increase their immunity.

How can pertussis be prevented?

Routine vaccination is the best way to prevent pertussis. However, additional steps to prevent the spread of disease may include:

- Avoiding close contact with others who are coughing or ill
- Washing hands often
- Covering coughs and sneezes with a tissue or cough and sneeze into your sleeve
- Stay at home if ill
- Seek medical attention if pertussis-like symptoms develop



Have questions?

Talk with your Doctor.

Produced by the Georgia Department of Public Health

Parents:



Protect
Yourself
and Your
Child
from
Whooping
Cough!

Why Whooping Cough is Serious:

Whooping cough (also known as pertussis) is a contagious disease that can be passed easily from person to person. It is very serious for babies and can cause them to cough so much that they cannot breathe. Hundreds of babies are hospitalized each year for whooping cough, and some die from it.

Whooping cough can cause adults or teens to have a persistent cough. The cough can become severe enough to lead to vomiting or broken ribs. Adults and teens can be hospitalized for pneumonia and miss weeks of work or school. Even worse, they can spread whooping cough to babies.

Ways to Protect Yourself and Your Family:

Get Your Pertussis Booster (Tdap)

Everybody in the family should be vaccinated against whooping cough to protect themselves and the baby at home. Parents should ask their doctor for the Tdap vaccine that includes a tetanus and diphtheria booster and also protects against whooping cough.

Make Sure Your Children are Up-to-Date on Their Vaccinations

Children need five shots against whooping cough before starting kindergarten. Children 7 years of age and older can also get the new Tdap booster.

Cover Your Cough and Wash Your Hands

Whooping cough is spread by coughing and sneezing. Remind everyone to cover their mouths when coughing and to wash their hands often.

Protect yourself. Protect your family.

Get Vaccinated!



Have questions?

Talk with your doctor.

Produced by Georgia Department of Public Health

Stanislaus County Public Health Division

Padres:



¡Protéjanse
y protejan
a sus
niños
contra
la
tos ferina!

¿Por qué es grave la tos ferina?

La tos ferina es una enfermedad contagiosa que se puede pasar fácilmente de una persona a otra. Es muy grave para los bebés porque puede hacer que tosan tanto que no puedan respirar. Cada año cientos de bebés son hospitalizados por la tos ferina y algunos mueren a causa de ella.

La tos ferina puede producir una tos tan grave en los adultos o en los adolescentes que haga que vomiten o que se les quiebren las costillas. Pueden ser hospitalizados por neumonía y perder semanas de trabajo o de escuela. Pero lo peor de todo es que pueden transmitir la tos ferina a los bebés en casa.

¿Cómo protegerse y proteger a su familia?

Pónganse la vacuna de refuerzo contra la tos ferina (Tdap)

Todos los miembros de la familia deberían ser vacunados contra la tos ferina para protegerse y proteger al bebé en casa. Además, los adultos deberían pedir a su médico la nueva vacuna Tdap, que incluye refuerzos contra el tétanos y la difteria, y también protege contra la tos ferina.

Asegúrense de que sus hijos estén al día con las vacunas

Es necesario administrarles a los niños cinco dosis de la vacuna contra la tos ferina antes de comenzar el kindergarten. Los niños de 7 años de edad y mayores se pueden poner la nueva vacuna de refuerzo Tdap.

Cúbranse la boca al toser y lávense las manos

La tos ferina se transmite al toser y al estornudar. Recuerde a todos que se cubran la boca al toser y que se laven las manos a menudo.

Protéjanse. Protejan a su familia.

¡Vacúnense!

Hable con su médico.

Produced by Georgia Department of Public Health



Stanislaus County Public Health Division

Grandparents:



Protect
Yourself
and Your
Grandbaby
from
Whooping
Cough!

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Whooping cough can cause adults or teens to have a persistent cough. The coughing can become severe enough to lead to vomiting or broken ribs. Adults and teens can be hospitalized for pneumonia and miss weeks of work or school. Even worse, they can spread whooping cough to babies.

Ways to Protect Yourself and Your Family:

Get Your Pertussis Booster (Tdap)

Everybody in the family should be vaccinated against whooping cough to protect themselves and the baby at home. Adults should ask their doctor about the Tdap vaccine that includes a tetanus and diphtheria booster and also protects against whooping cough.

Make Sure Your Grandchildren are Up-to-Date on Their Vaccinations

Children need five shots against whooping cough before starting kindergarten. Children 7 years of age and older can get the new Tdap booster.

Cover Your Cough and Wash Your Hands

Whooping cough is spread by coughing and sneezing. Remind everyone to cover their mouths when coughing and to wash their hands often.

Protect yourself. Protect your family.

Get Vaccinated!



Have questions?

Talk with your doctor.

Produced by Georgia Department of Public Health

Abuelos:



¡Protéjanse
y protejan
a su
nieto contra
la tos
ferina!

¿Por qué es grave la tos ferina?

La tos ferina es una enfermedad contagiosa que se puede pasar fácilmente de una persona a otra. Es muy grave para los bebés porque puede hacer que tosan tanto que no puedan respirar. Cada año cientos de bebés son hospitalizados por la tos ferina y algunos mueren a causa de ella.

La tos ferina puede causar que tanto adultos como adolescentes sufran una tos persistente, y la tos puede ser tan grave que haga que vomiten o que se les quiebren las costillas. Los adultos y los adolescentes pueden ser hospitalizados por neumonía y perder semanas de trabajo o de escuela, pero lo peor de todo es que pueden transmitir la tos ferina a los bebés en casa.

¿Cómo protegerse y proteger a su familia?

Pónganse la vacuna de refuerzo contra la tos ferina (Tdap)

Todos los miembros de la familia deberían ser vacunados contra la tos ferina para protegerse y proteger al bebé en casa. Además, los adultos deberían preguntar a su médico por la nueva vacuna Tdap, que incluye refuerzos contra el tétanos y la difteria, y también protege contra la tos ferina.

Asegúrense de que sus nietos estén al día con las vacunas

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Cúbranse la boca al toser y lávense las manos

La tos ferina se transmite al toser y al estornudar. Recuerde a todos que se cubran la boca al toser y que se laven las manos a menudo.

Protéjanse. Protejan a su familia.

¡Vacúnense!



¿Tiene preguntas?

Hable con su médico.

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hsahealth.org

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