



12/17/2012

Dear Student:

A confirmed case of pertussis (whooping cough) has been identified in a fellow student participating in the wrestling program at Goodhue Public Schools. The Minnesota Department of Health (MDH) is recommending that we encourage **students participating in the wrestling program to be evaluated by a health care provider if they have a cough lasting longer than 7 days.** It may be helpful to take this letter with you to your healthcare provider.

Although you may have received pertussis vaccine, immunization is not always 100% effective, and immunity decreases over time.

It is important that you be aware of the signs and symptoms of pertussis. Pertussis often begins with symptoms similar to the early stages of the common cold - runny nose, possible low-grade fever, and a mild cough. After a week or two, a persistent cough develops. The cough occurs in bursts and may end with a high-pitched whooping sound and sometimes vomiting. Between bursts of coughing, the person appears well. Coughing attacks may continue for 4 to 6 weeks and are more common at night. Pertussis can lead to pneumonia, particularly in infants.

Vaccines can help prevent pertussis. There are two types of vaccines to prevent pertussis:

- DTaP vaccine is given to infants and children under 7 years of age. The recommended schedule is 5 doses of vaccine given at ages 2 months, 4 months, 6 months, 12-18 months, and 4-6 years. If you have a child who is not up-to-date, contact your healthcare provider about pertussis vaccination now.
- Tdap is recommended for anyone 10 years of age and older. Adolescents and adults who have not yet received this vaccine are encouraged to get vaccinated as soon as possible.

If you have any questions or concerns, please call Josh Grant at 651-923-4447, or Jacob Zdon at the Minnesota Department of Health at 507-207-2716.

Sincerely,

Jacob Zdon

Minnesota Department of Health

SE District Epidemiologist

Ph: 507-206-2716

M: 507-273-4609 or 877-348-0507

Fax: 507-206-2711

Email: jacob.zdon@state.mn.us

Address: 18 Wood Lake Dr. SE, Rochester, MN 55904-5506

Message to your Provider:

- The MDH is currently recommending that individuals who receive this letter be evaluated for pertussis when there is presence of a cough lasting longer than 7 days.
- **Patients who are being tested and treated for a cough of less than 21 days, should refrain from routine activities until there is a negative test result or the individual has completed at least 5 days of an appropriate antibiotic**
- Pertussis often resembles a mild cough in the beginning stages; however, this is also when testing and treatment can be the most effective.
- Please call Jacob Zdon at the Minnesota Department of Health for questions: 507-206-2716