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cchealth.org

K-12 Recommendations for Pertussis (Whooping Cough)

Contra Costa County works closely with K-12 school partners to keep students, staff, and their families safe and healthy. Pertussis should be reported to your local Public Health Department when outbreaks, hospitalizations or deaths occur.

Symptoms:

Illness starts out like the common cold: low-grade fever, runny nose, sneezing, and mild cough that increases in severity. As the cough continues, it worsens and is described as fits of coughing where the characteristic whoop may or may not be heard. Individuals may gag and vomit at the end of these fits.

What can you do to prevent Pertussis:

- The best way to prevent pertussis (whooping cough) among infants, children, teens, and adults is to get vaccinated. Also, keep infants and other people at high risk for pertussis complications away from infected people.
- People who are exposed to pertussis should contact their healthcare provider or public health clinic to either be vaccinated, if they are currently unvaccinated, or to possibly receive preventative antibiotics.
- People who develop the symptoms of pertussis within 21 days of exposure should stay home and call their healthcare provider.
- Cover your nose and mouth with a tissue when coughing or sneezing, or cough/sneeze into your sleeve. Dispose of used tissues.
- Wash hands thoroughly with soap and warm running water after contact with secretions from the nose or mouth.
- Clean and sanitize mouthed toys, objects, and surfaces at least daily and when soiled.



What to do if you get Pertussis:

Children should be excluded from school or childcare until 5 days after appropriate antibiotic treatment begins. If an individual is suspected, but not confirmed, for pertussis, exclude until 5 days of antibiotics are completed or until the laboratory test comes back negative.

For more information, please contact Contra Costa Public Health at 925-313-6740 or visit our website at <https://www.cchealth.org/health-and-safety-information/communicable-disease-program>.

For CDPH school guidance please visit

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Schools/SymptomGuidance.aspx>.