



To Parents or Guardians:

Many states, including Alaska, have experienced increased pertussis outbreaks and case counts since 2012. The primary goal of public health in response to the pertussis cases is to prevent infection in infants and pregnant women, who are at highest risk for complications related to pertussis.

Pertussis or whooping cough, is a highly contagious disease caused by a bacteria found in the mouth, nose and throat of an infected person. Pertussis begins with cold-like symptoms and a cough that gradually becomes worse. Within two weeks, the cough becomes more severe and is characterized by episodes of numerous rapid coughs sometimes followed by a crowing or high-pitched whoop, or vomiting. Pertussis can be a very serious disease, especially for infants less than one year old. Immunization against pertussis is the best way to protect infants and help prevent outbreaks in your community.

Pertussis is spread person to person through respiratory droplets typically produced when a person with pertussis coughs or sneezes. Persons with symptoms of pertussis should be careful to limit exposure to others from respiratory secretions, and consult their primary provider. Adults working with infants should be especially careful to avoid spreading pertussis to infants.

**Public Health Recommendations:**

- Encourage all members of your family to be up to date on their immunizations.
- If adults have not had a pertussis vaccine as an adult, a booster vaccine is recommended to help reduce illness from pertussis in the community and help prevent serious disease in newborns that may be exposed to pertussis. It is recommended that adults receive one booster of Tdap vaccine.
- Any child less than 7 years of age who is not up to date on pertussis immunizations should obtain a dose of DTaP vaccine as soon as possible. The most effective way to prevent pertussis is to be up-to-date with pertussis immunization.
- To reduce the risk of pertussis in new mothers and their very young infants, pregnant women should receive Tdap vaccine during *each* pregnancy.
- Recommend all family members who develops symptoms of pertussis (prolonged cough which may include vomiting) to contact their health care provider. Anyone who is coughing should avoid contact with infants or pregnant women.

- Anyone with pertussis should not attend school, child care, camp, team sports or other group activities until completion of antibiotic treatment, generally 5 days. Anyone with pertussis who does not take antibiotics should not attend for 21 days from the onset of the cough, or until the cough is completely gone.

Adults in Alaska who are uninsured or underinsured can contact their local Public Health Center for immunizations. Persons with health insurance should contact their primary providers for health care and immunizations.

For more information about pertussis, please visit the State of Alaska Section of Epidemiology website <http://www.epi.alaska.gov/id/dod/pertussis/pertussis.htm> or <http://www.epi.alaska.gov/id/default.stm> and click on the link for Pertussis. If you have additional questions, please contact your health care provider. For public health concerns, you may also call the State of Alaska Section of Epidemiology at 907-269-8000.

A handwritten signature in blue ink, appearing to read 'MC', is located to the left of the typed name.

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