



Coeur d'Alene Public Schools

DISTRICT ADMINISTRATIVE CENTER
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www.cdaschools.org

Dear Parent/ Guardian,

December 3, 2015

We want to inform you that your child may have been exposed to pertussis (whooping cough) at Lakes Magnet Middle School. The Panhandle Health District contacted us with one confirmed case of pertussis. If your child has or develops an illness with a cough that lasts more than a week, it is important to contact your doctor immediately.

Pertussis is usually spread by repeated indoor face-to-face contact or close contact for an hour or more with someone who is sick with the disease.

Anyone, even someone who doesn't know they were exposed to pertussis, should see a doctor if they have one or more of the following symptoms:

- A cough that is lasting more than a week
- A long series of coughing that makes it difficult to catch your breath (coughing fits)
- Coughing fits that are followed by a whooping noise or vomiting.

Some people are at greater risk for serious illness from pertussis. People who have pertussis or have symptoms of pertussis should avoid contact with the following high risk individuals:

- Infants under one year of age; infants are more likely to become seriously ill, need hospitalization and are more likely to die from pertussis
- Pregnant women who are in their 3rd trimester (newborn infant is at high risk of serious illness)
- Persons who are immunocompromised, have chronic lung disease (including asthma), or have neuromuscular diseases that make it difficult to swallow. If a person from one of the high risk categories above is exposed to pertussis, s/he should contact their physician to discuss getting antibiotics to prevent pertussis.

REMEMBER THE "A-B-V's" OF PERTUSSIS:

Antibiotics are available to prevent and treat pertussis

Babies are at high risk of serious illness if they catch pertussis

Vaccination is the best protection against pertussis

If you have any questions, please contact your family doctor or the Panhandle Health District at 208.415.5100 and ask to speak to an epidemiologist.

Sincerely,

Coeur d'Alene Public Schools

School Health Services

INVEST | INSPIRE | INNOVATE

We invest in each student to prepare, challenge and advance well-educated, resilient and future-ready citizens.