



# Public Health

## Idaho North Central District

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# Public Health *Alert...*

September 20, 2013

## INCREASING CASES OF PERTUSSIS IN PUBLIC HEALTH – IDAHO NORTH CENTRAL DISTRICT

Public Health – Idaho North Central District has received notification of the clinical diagnosis of pertussis (whooping cough) in both children and adults in Idaho and Latah Counties and is currently coordinating efforts to identify individuals most at risk of an exposure.

Pertussis is a communicable disease that is spread through the air from an infected person during coughing, sneezing or talking. Pertussis begins with cold-like symptoms and a cough that becomes progressively worse over 1-2 weeks. Coughing usually happens in long bouts, sometimes followed by a whooping noise. Antibiotics can make the disease milder in those infected and will prevent transmission of the illness to others. Individuals exposed to pertussis should also be given antibiotics to prevent the disease, even if they were vaccinated.

### Respiratory etiquette:

- covering your mouth and nose when coughing or sneezing,
- disposing of used tissues,
- and good hand washing are key prevention measures in reducing the spread of any respiratory illness.

Children should get 5 doses of pertussis containing vaccine Diphtheria, Tetanus, and Pertussis (DTap), one dose at each of the following ages: 2 months, 4 months, 6 months, 15-18 months, and 4-6 years of age. Adolescents and adults need protection from pertussis too. Tetanus, Diphtheria, and Pertussis (Tdap) was licensed in 2005 and is recommended as a one-time dose for adolescents ages 11-12 and adults under the age of 65. New mothers who have never received Tdap should get a dose as soon as possible after delivery.

**For additional information, please contact your health care provider or  
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