



August 25, 2015

Dear Physicians & Health Care Workers

Re: Recent Pertussis Case in Rosthern Area

Public Health has received a report of whooping cough (*Bordetella pertussis*) case diagnosed in the Rosthern area and a report of numerous contacts to the case who are coughing. Cases or contacts may present to your practice for assessment, testing & treatment/chemoprophylaxis. If patients have suggestive symptoms and/or have been identified as contacts, consider pertussis as part of your differential. Sporadic cases of pertussis have been reported this year in Saskatoon Health Region and in other Regions across Saskatchewan. The 2011 guidelines for management of cases and contacts are available at the Saskatchewan Ministry of Health Communicable Disease Control Manual <http://www.health.gov.sk.ca/cdc-section2#page=169> or contacting our office.

Symptoms:

- Develop 6-20 days after exposure (average 9-10 days).
- Catarrhal Stage: starts with mild respiratory symptoms of cough, rhinorrhea and fever usually minimal throughout illness.
- Paroxysmal Stage: paroxysms of cough characterized by inspiratory whoop and vomiting after cough.
 - Adolescents, adults and children partially protected by the vaccine may have milder disease than infants and young children. These people may be asymptomatic, or present with illness ranging from a mild cough to classic pertussis with persistent cough. Inspiratory whoop is not common in this group.
- Convalescent Stage: gradual recovery with cough lasting 1-2 months or longer.

Testing:

- Nasal pharyngeal swab (universal transport medium).

Communicability:

- Highly communicable in early catarrhal stage and beginnings of the paroxysmal stage.
- Cases are no longer communicable after completing 5 days of appropriate antibiotic treatment (see attachment).

Vulnerable persons (most at risk for complications, including death):

- Infants under 1 years of age (this includes pregnant women in their last trimester, as there is risk that mother may transmit infection to newborn).

Immunization

- Tetanus, diphtheria & pertussis (Tdap) immunization is recommended as a one-time dose for all adults.
- Pertussis is part of the routine immunization schedule for all children ages 2, 4, 6, 18 months and 4 years. A booster dose is given in grade 8.

If you suspect pertussis, test, treat (according to guidelines) and report to Communicable Disease Control at 306-655-4612.

Sincerely,

Original signed

Dr. Julie Kryzanowski
MD, CCFP, FRCPC
Deputy Medical Health Officer