

Platte Valley School District RE-7

Health Office Notification

November 15, 2018

Dear Parent and Guardians,

Platte Valley School District has received a report of a potential Pertussis (Whooping Cough) case at school. Pertussis is *highly contagious*, and caused by bacteria. Babies, pregnant women, elderly, those with asthma, diabetes and unvaccinated children are at the highest risk. Please keep watch over your families for the signs and symptoms of Pertussis. If you are exposed to pertussis, or develop a severe cough, contact your health care provider, or go to a walk-in clinic immediately.

Symptoms of coughing can develop 4 to 21 days after exposure from a contagious, coughing person. If not treated with antibiotics immediately when the cough starts, coughing and difficulty breathing can last from six weeks up to three months, even if treated – the more the delay in treating, the longer the cough. The following are some of the signs and symptoms:

- Paroxysms (fits) of many, rapid coughs may be followed by a high-pitched “whoop” sound. More often at night.
- Vomiting (throwing up) during or after coughing fits
- Exhaustion (very tired) after coughing fits
- Babies may not cough at all. Instead, they may stop breathing and turn blue.
- Low grade or no fever.
- May appear normal between coughing fits
- After several weeks of the coughing fits, bruising under the eyes, broken ribs, and/or burst blood vessels in the white part of the eye may develop.

<https://www.youtube.com/watch?v=I5SHtdczSBc>

What to do:

- Always notify the school nurse, even if you *suspect* a case.
- If diagnosed with pertussis, a student will be excluded from school/child care until he or she completes the entire prescribed antibiotic.
- Staff diagnosed with pertussis cannot return to school until all antibiotics are completed.
- If diagnosed with pertussis complete **all** of the prescribed antibiotics.
- Pertussis can occur in immunized individuals. It is usually a much less severe case, and they may need a booster dose.

For more information on pertussis, please visit the Centers for Disease Control at the following link:

<https://www.cdc.gov/pertussis/index.html>

Please notify the school nurse, Amber Guillot RN, BSN if you have any questions or concerns at 970-336-8525 or aguillot@pvre7.org

Thank you and have a wonderful Thanksgiving break,

Amber Guillot RN, BSN
Platte Valley School District Nurse