

DR. JILL DELCONTE
Principal
ANNE MARIE MILLER
Guidance Director
RONALD S. BECKER
*Assistant Principal of
Athletics/Activities*



DAVID M. BABICH
Assistant Principal
B. SCOTT BORING
Assistant Principal
CAROLINE M. YODER
Assistant Principal

Williamstown High School

700 NORTH TUCKAHOE ROAD, WILLIAMSTOWN, N.J. 08094

(856) 262-8200 FAX (856) 262-0869

June 16, 2017

Dear Parents/Guardians,

We were contacted by the Gloucester County Department of Health and Human Services indicating that we have a student with a confirmed case of pertussis (whooping cough.)

Pertussis (whooping cough) is a highly infectious and usually mild illness that is easily transmitted through coughing and sneezing and may last for several months. Symptoms of pertussis may appear 5 to 10 days following exposure but can take up to 21 days to develop. The first symptoms of pertussis are similar to those of a common cold: a runny nose, low-grade fever and a mild occasional cough for at least 2 weeks, which can become severe and spasmodic --with a distinctive "whooping" sound--and may trigger vomiting after a coughing episode. Even though the disease may be milder in older children, adolescents, and adults, those who are infected may unknowingly transmit the disease to other vulnerable persons, including unimmunized or incompletely immunized infants.

Students or staff who exhibit any of the symptoms of pertussis should contact their physician to arrange for appropriate testing and treatment with antibiotics. Patients with pertussis must be isolated from day care, school, work, and public gatherings until at least 5 days after the start of appropriate antibiotic therapy. Since infants, children and adults are best protected from pertussis by immunizations, please review the immunization records of your child, as well as your own.

Students and staff who have not received all recommended shots should contact your physician to arrange for the following immunizations:

- 1) Infants and young children should receive a series of DTaP vaccines in their first 5 years of life.
- 2) Adolescents and adults should receive a single Tdap vaccine at 11 years of age or older.
- 3) Expectant mothers should receive Tdap during each pregnancy, preferably at 27 through 36 weeks.

For health-related inquiries, contact:

Gloucester County Department of Health and Human Services
204 East Holly Avenue
Sewell, NJ 08080
(856) 218-4101
(856) 218-4109 (Fax)

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

Yours In Education,

A handwritten signature in dark ink, appearing to read "Dr. DelConte". The signature is stylized with a cursive-like flow.

Dr. DelConte
Principal

Whooping Cough and the Vaccine (Shot) to Prevent It

Last updated July 2015

The best way to protect against whooping cough is by getting the diphtheria-tetanus-pertussis shot (also called the DTaP shot). Doctors recommend that all children get the vaccine.

Why should my child get the DTaP shot?

The DTaP shot:

- Helps protect your child from whooping cough (pertussis), a potentially serious disease (and also protects against diphtheria and tetanus)
- Prevents your child from having violent coughing fits from whooping cough
- Helps keep your child from missing school or childcare (and keeps you from missing work to care for your sick child)

Is the DTaP shot safe?

Yes. The DTaP shot is very safe. Vaccines, like any medicine, can have side effects. Most children who get the DTaP shot have no side effects.

What are the side effects?

Most children don't have any side effects from the shot. When side effects do occur, they are usually mild, like redness, swelling, and pain from the shot, fever, and vomiting. They happen in about 1 child out of every 4 children who get the shot.

More serious side effects are rare but can include:

- A fever over 105 degrees
- Nonstop crying for 3 hours or more
- Seizures (jerking or twitching of the muscles or staring)

CDC recommends the tetanus-diphtheria-pertussis shot for everyone 11 years old and older, including pregnant women. This shot for older children and adults is called Tdap.

What is whooping cough?

Whooping cough—or pertussis—is a very serious respiratory (in the lungs and breathing tubes) infection caused by the pertussis bacteria. It causes violent coughing you can't stop. Whooping cough is most harmful for young babies and can be deadly.

What are the symptoms of whooping cough?

Whooping cough starts with the following symptoms:

- Runny or stuffed-up nose
- Sneezing
- Mild cough
- A pause in breathing in infants (apnea)



Doctors recommend that your child get five doses of the DTaP shot for best protection. Your child will need one dose at each of the following ages:

- 2 months
- 4 months
- 6 months
- 15 through 18 months
- 4 through 6 years of age



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After 1 to 2 weeks, coughing, which can be severe, starts. Children and babies may then begin to develop these more serious problems:

- Coughing very hard, over and over.
- Gasping for breath after a coughing fit. They may make a “whooping” sound. This sound is where the name “whooping cough” comes from. Babies may not cough or make this sound—they may gag and gasp.
- Difficulty breathing, eating, drinking, or sleeping because of coughing fits. These coughing fits happen more at night.
- Turning blue while coughing from lack of oxygen.
- Vomiting after coughing fits.

Coughing fits can last for 10 weeks, and sometimes happen again the next time the child has a respiratory illness.

Is it serious?

Whooping cough is most dangerous for babies and young children. In fact, babies younger than 1 year old who have pertussis may:

- Need to be cared for in the hospital
- Develop pneumonia (a serious lung infection)
- Have seizures (jerking or twitching of the muscles or staring)
- Suffer brain damage

Whooping cough can even be deadly. From 2000 through 2014, there were 277 deaths from whooping cough reported in the United States. Almost all of the deaths (241 of the 277) were babies younger than 3 months of age, who are too young to be protected against whooping cough by getting the shots.

How does whooping cough spread?

Whooping cough spreads easily through the air when a person who has whooping cough breathes, coughs, or sneezes. Almost everyone who is not immune to whooping cough will get sick if exposed to it. A person can spread the disease from the very beginning of the sickness (when he has cold-like symptoms) and for at least 2 weeks after coughing starts.

Your baby can catch whooping cough from adults, grandparents, or older brothers or sisters who don't know they have the disease. New moms with whooping cough can give it to their newborn babies.

How can I protect my child against whooping cough?

- Get your Tdap shot in the third trimester of every pregnancy.
- Make sure your baby gets all of his doses of DTaP on time.
- Encourage anyone who will be in contact with your baby to be up-to-date with their whooping cough vaccine.

Do people still get whooping cough in the United States?

Yes. In 2014, whooping cough made about 30,000 people sick.

Before the DTaP shot was given routinely to infants, about 8,000 people in the United States died each year from whooping cough. Today, because of the vaccine, this number has dropped to fewer than 20 per year.

But, cases of whooping cough have been increasing over the past several years, and outbreaks of whooping cough can occur. We don't know exactly why the number of cases is increasing, but we think it's a combination of many different reasons, including:

- Doctors and nurses are more aware of whooping cough and recognize it more often.
- The ways we test for the disease have gotten better.
- Protection from whooping cough vaccines is not long-lasting.
- More of the bacteria may be circulating.

Where can I learn more about the DTaP shot and my child?

To learn more about the DTaP shot, talk to your child's doctor, call 1-800-CDC-INFO or visit www.cdc.gov/vaccines/parents.

The Centers for Disease Control and Prevention, American Academy of Family Physicians, and American Academy of Pediatrics strongly recommend children receive all vaccines according to the recommended schedule.