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"Your Local
Health Department"

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NEWS RELEASE

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FOR IMMEDIATE RELEASE

Whooping Cough is on the Rise

Three Rivers, MI. Pertussis, also known as whooping cough, is on the rise in the United States. Current infant vaccinations may no longer be enough since immunity against the disease seems to wear off at adolescence age. According to the Center for Disease Control, a preliminary count estimated over 11,000 pertussis cases in the past year, an increase over two thousand from the previous year and the highest count in 30 years. Pertussis is often fatal to young babies; while older patients can recover, they are the major source of infection for vulnerable infants.

Pertussis is caused by a gram-negative bacterium that lives in the nose, mouth and throat of an infected person. It is spread from person to person through coughing and sneezing. The onset of the disease usually occurs within seven to ten days after exposure. During the initial stage, the patient's symptoms may appear the same as those of a cold or virus. Symptoms can include: runny nose, sneezing, low-grade fever and a mild cough. This stage may last up to two weeks.

The next stage may last up to six weeks. The patient's symptoms worsen and are characterized by:

- A "whooping" sound as the patient tries to breathe during a coughing spell
- Coughs that usually produce thick mucus and/or cause vomiting
- Cyanosis or the bluing of the lips and nails, due to impaired oxygen intake
- Exhaustion

During the third stage, the patient begins to gradually recover. This stage, the convalescent stage, may last weeks or months even if no additional complications or secondary infections occur.

Pertussis is treatable with antibiotics. However, patients are advised to take all prescribed medications and avoid contact with anyone especially small children and infants. Pertussis is most dangerous to infants and very young children. According to Valerie Newton, Personal Health and Disease Prevention Director at the tri-county health department “In general, more than half the babies younger than 1 year of age who get pertussis will be hospitalized. Babies under one year are too young to be protected by the vaccines which they just start to receive at two months of age. In addition, adults and adolescents typically have a milder form of pertussis. This can make the disease harder to diagnose because symptoms can look like a cold with a nagging cough. But they can still spread the infection to others, including infants and young children. The best way to protect infants is to make sure that those around them, especially their mothers, are vaccinated.”

Immunization is the best defense against pertussis. Universal vaccination of all children is now recommended. While the vaccination is not 100% effective, it has decreased the incidence of pertussis by 80%. The immunization schedule for pertussis is as follows:

Immunization Schedule for Pertussis

	2 mo.	4 mo.	6 mo.	15 to 18 mo.*	4 to 6 years	11 to 12 years	19 to 64 years
Diphtheria, Tetanus, Pertussis	DTaP**	DTaP	DTaP	DTaP	DTaP	Tdap***	Substitute 1-time dose of Tdap for TD booster; then boost with TD every 10 years

*The 4th dose may be administered as early as age 12 months, provided at least 6 months have elapsed since the third dose.

**Diphtheria and Tetanus toxoids and acellular pertussis vaccine (DTaP). (Minimum age: 6 weeks)

***Tetanus and diphtheria toxoids and acellular pertussis vaccine (Tdap).

The health department urges all adults 19 years and older, who have not previously received a Tdap vaccine, to get a 1-time dose of Tdap in place of the Td booster which is recommended every 10 years. There is no need to wait until the Td booster is due —the dose of Tdap can be given earlier than the 10-year mark since the last Td booster. Receiving Tdap may be especially important during a community outbreak and/or if caring for an infant. It's a good idea for adults to talk to a healthcare provider about what's best for their specific situation.

The health department urges all pregnant women to get one dose of Tdap in the 27th through 36th week of pregnancy or immediately postpartum, before leaving the hospital or birthing center if not previously vaccinated with Tdap. By getting Tdap during pregnancy, maternal pertussis antibodies

transfer to the newborn, and likely provide protection against pertussis in early life, before the baby starts getting DTaP vaccines. Tdap will also protect the mother at time of delivery, making her less likely to transmit pertussis to her infant.

The Branch-Hillsdale-St. Joseph Community Health Agency offers free vaccinations to qualifying families with children age 18 or younger through the Vaccines for Children (VFC) program. This program is for children who are not insured or whose insurance does not cover immunizations. We also have the Michigan Vaccine Replacement Program for adults ages 19 years and older who do not have insurance or who have insurance that doesn't cover any of the cost of the vaccine. Immunization clinics are available weekly at our county offices. Please check out our website at www.bhsj.org to learn more about recommended immunizations and to find a clinic location near you. Or call your local office to schedule an appointment:

Branch County Office: 517-279-9561 ext. 0100#

Hillsdale County Office: 517-437-7395 ext. 0336#

St. Joseph County Office: 269-273-2161 ext. 0208#

According to Rebecca Burns, Health Officer "Vaccination is the best protection. It can protect babies from getting very sick and possibly dying. That's why we want to make sure everyone is up-to-date on their pertussis vaccine." Be sure to visit our Facebook page at www.facebook.com/bhsjwic/