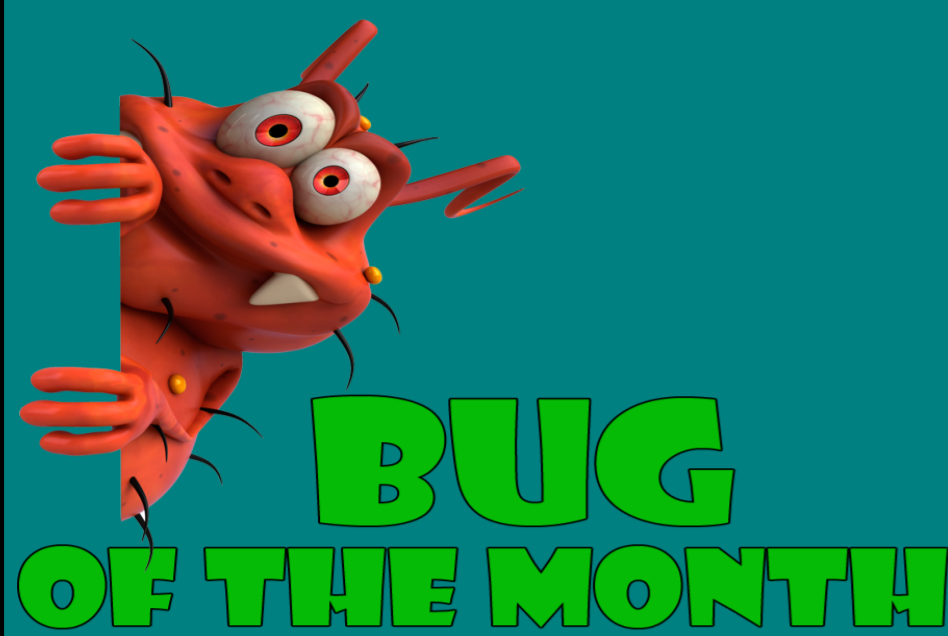


For Staff /Patient Education



Pertussis (Whooping Cough)

June 2016

What is it?



Not Vaccinated? No Kisses!

Get the adult whooping cough vaccine.
www.VaccinateYourFamily.org

- **Pertussis**, also known as whooping cough, is a highly contagious respiratory disease.
- It is caused by the bacterium *Bordetella pertussis* - a small, aerobic gram-negative rod. These bacteria attach to the cilia (tiny, hair-like extensions) that line part of the upper respiratory system. The bacteria release toxins, which damage the cilia and cause inflammation (swelling).
- Incubation period is commonly 7–10 days, with a range of 4–21 days, and rarely may be as long as 42.
- **Disease progression:** **Stage 1) Catharral stage**, highly contagious - Symptoms: runny nose, low-grade fever, occasional cough. May last 1-2 weeks. **Stage 2) Paroxysmal stage** - Symptoms: fits of numerous, rapid coughs followed by “whoop” sound; vomiting and exhaustion after coughing fits (called paroxysms). Lasts from 1-6 weeks; may extend to 10 weeks. **Stage 3) Convalescent stage** - recovery is gradual. Coughing lessens but fits of coughing may return. Lasts about 2-3 weeks; susceptible to other respiratory infections for many.
- In China, pertussis is known as the “100 day cough.”

How is it spread?

- Transmission most commonly occurs by the respiratory route through contact with respiratory droplets, or by contact with airborne droplets of respiratory secretions.
- Transmission occurs less frequently by contact with freshly contaminated articles of an infected person.

Where is it found?

- Pertussis is a human disease.
- No animal or insect source or vector is known to exist.
- Adolescents and adults are an important reservoir for *B. pertussis* and are often the source of infection for infants.

Prevention and Control?

- The best way to protect infants, children, teens, and adults against pertussis is immunization.
- Also, keep infants and other people at high risk for pertussis complications away from infected people who are most contagious up to about 2 weeks after the cough begins. Antibiotics may shorten the amount of time someone is contagious.
- Being up-to-date with pertussis vaccines is especially important for families with and caregivers of new infants.
- Healthcare personnel who have direct patient contact should receive a single dose of Tdap if they have not previously received one.
- In addition to standard precautions, droplet precautions should be observed.
- Single patient room preferred. Cohorting an option.
- Post-exposure chemoprophylaxis for household contacts and HCWs with prolonged exposure to respiratory secretions.
- Practicing good hygiene is always recommended to prevent the spread of respiratory illnesses: Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the waste basket. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands. Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub.

For more information contact:



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Source:

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



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