

BEAT 
THE BUGS
THIS WINTER

The illnesses to prepare for
and how to prevent them

Pertussis

(Whooping cough)

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Auckland Regional Public Health Service

Rātonga Hauora ā Iwi o Tamaki Makaurau



Working with the people of Auckland, Waitemata and Counties Manukau

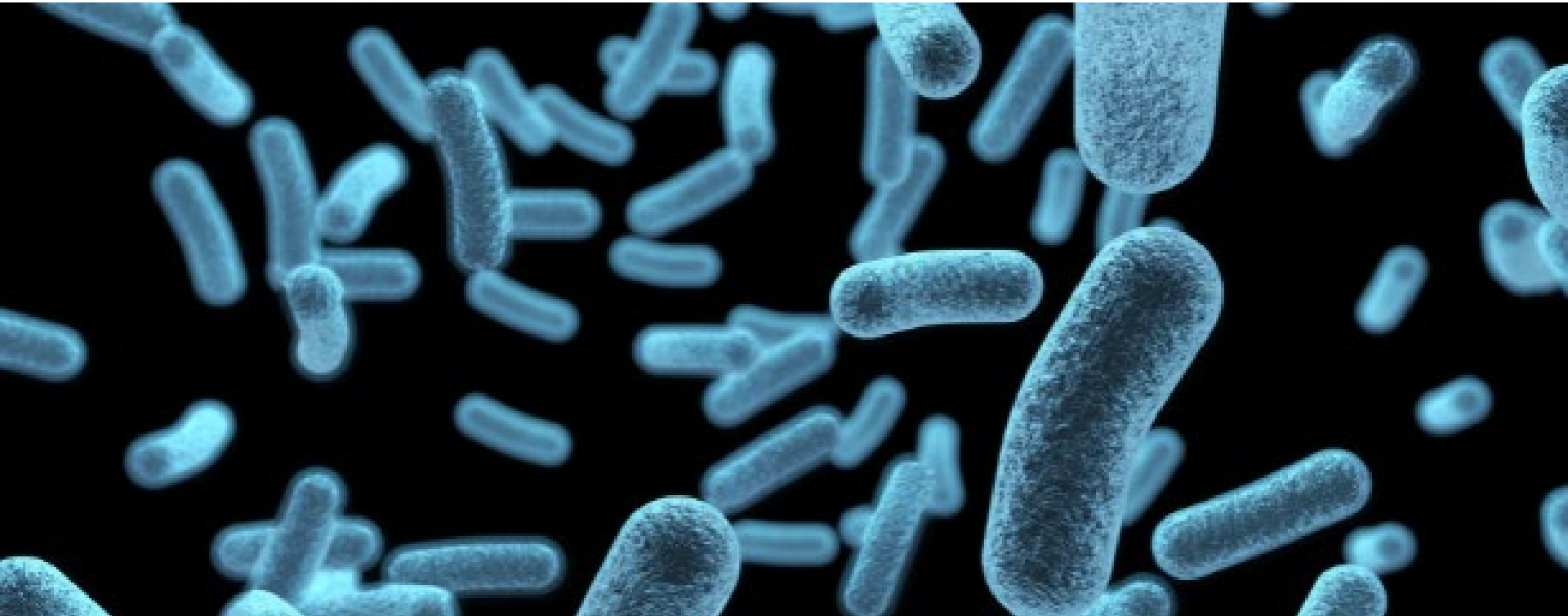
Today's outline

- What is Pertussis?
- Who's at risk?
- Signs & symptoms
- Prevention and treatment
- Pertussis and your your ELS or school
- Your questions



What is pertussis (whooping cough)?

- Highly infectious disease caused by coughing & sneezing
- Caused by bacteria that damage the airways
- Can last up to 3 months
- Widespread outbreaks occur in Auckland every 3-5 years (last was in 2018)



Who's at risk

- Can be very serious for babies and children
- Infants under 12 months at most risk
- Risk increases for those who are unvaccinated, or whose mother didn't receive the vaccine in pregnancy
- Usually less serious for older children and adults but can still be very distressing.



Signs and symptoms

- Runny nose
- Fever
- Dry cough – that turns into long coughing attacks.
- In young children, the coughing ends with a ‘whoop’ sound.
- Children may be sick or gag, and babies can stop breathing.
- Can lead to hospitalisation, pneumonia and brain damage



Prevention

- Vaccination during pregnancy (free)
- Childhood immunisations at:
 - Six weeks
 - Three months
 - Five months
 - 4 years (booster)
 - 11 years (booster)



Also important:

- Boosters for adults who will be around non-immune babies – immunity wanes over time
- Up-to-date sibling immunisations



Other preventive measures

- Keep babies away from anyone with a cough
- If you have a cough yourself, stay away from babies
- See your doctor if you have a cough that won't go away
- Keep up robust cleaning practices in your ELS or school
- Maintain good cough and hand hygiene



Treatment

- Antibiotics may be prescribed in the early stages to prevent spread of the disease. These may reduce symptoms if given early enough.
- Symptoms may be eased by:
 - Having warm drinks
 - Using humidifier in the bedroom
 - Using saline nose drops
 - Drinking lots of clear fluids
 - Avoiding coughing triggers such as perfumes or cigarette smoke.



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- Encourage staff, parents and caregivers to check their immunisation status and that of their whānau. And to get vaccinated if they're not already.
- Keep an up-to-date immunisation register to help with contact tracing in the event of a case at your school or ELS.
- Pertussis is easily spread. If a staff member, child or student has the illness, they should not be attending daycare, school, work or anywhere else where there are people who may catch the disease:
 - A person prescribed antibiotics will **no longer be infectious** after five days of taking them.
 - Without antibiotics, you will **still be infectious** until three weeks after your intense bouts of coughing started.

The use, or not, of antibiotics will determine how long a child or staff member may need to stay away from your school or ELS.



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If you do have a case of pertussis at your school or ELS:

- Public Health will work with you to identify any other high-risk people who may need to take special action (e.g. quarantine or start antibiotics).
- Usually, very few contacts who are well will need to stay at home, although some may be recommended to have antibiotics.



More information

- Please refer to the *Beat the Bugs* pertussis resource that has been emailed to you in support of this session.

Questions?

