



Dear Arcadia Students and Employees,

The Montgomery County Office of Public Health (MCOPH) has identified an increase in cases of pertussis, also known as whooping cough, at Arcadia University. To support the management and prevent possible further spread, MCOPH recommends the control measures indicated below based on guidance from the Centers for Disease Control and Prevention (CDC). Following these measures is of particular importance given the upcoming holiday and likelihood of us gathering with family and friends, some of whom may be at risk for severe disease if they were to get pertussis.

- Students and employees should be observed over the next 3 weeks for any [symptoms](#) such as a runny nose, fever (even a low-grade fever less than 100.4°F), sudden, uncontrollable bursts or spells of coughing, and a persistent cough that sometimes causes vomiting. Early symptoms of pertussis can look like the common cold, with more severe symptoms appearing one to two weeks after first symptoms start.
- If you have [symptoms of pertussis](#), take precautions to stay away from others and get evaluated by your medical provider. It is important to let your provider know that there have been cases of pertussis at your school/work. Testing for pertussis detection includes a nasopharyngeal culture (swab sample from the back of the throat) or PCR (via nasal swab or aspirate).
- If you have a health condition that may be made worse with pertussis, such as asthma, ask your doctor to prescribe antibiotics as soon as possible to prevent pertussis regardless of whether you are coughing.
- If you or someone you live with is pregnant, lives with a baby younger than 12 months old, or anyone with [health conditions that may be made worse](#) with pertussis, ask your doctor to prescribe antibiotics as soon as possible to prevent pertussis regardless of whether you are coughing.
- If you are a student and have been diagnosed with pertussis by your doctor, notify Arcadia Student Health Services at shs@arcadia.edu and stay home from school,

work, or other activities until you have been on appropriate antibiotics for five days to treat pertussis. Employees should stay at home and contact their supervisor.

- Make sure that you and your family's pertussis vaccinations are up to date. Protection against pertussis from the childhood vaccine, DTaP, decreases over time. Older children and adults, including pregnant women, should get a pertussis booster shot called Tdap to help protect themselves and babies.
- Rite Aid will be holding its last Flu/COVID and Tdap clinic on Friday, Dec. 6, from noon to 2pm in the Hall of Fame Room (Kuch Athletics and Recreation Center, second floor). Please register at www.riteaid.com/pharmacy/clinical-experience (Arcadia's unique code: qpsogk).

For more information on pertussis and prevention, see below resources and attachments. If you have any further questions or concerns, please contact your healthcare provider, Student Health Services (215-572-2966, shs@arcadia.edu), or MCOPH (610-278-5117, MCOPHCommunicable@montgomerycountypa.gov).

Sincerely,

Healthy Knights

Centers for Disease Control and Prevention | [Pertussis \(Whooping Cough\)](#)

Centers for Disease Control and Prevention | [5 Things to Know About Whooping Cough](#)

Centers for Disease Control and Prevention | [Whooping Cough: Pertussis Vaccination](#)

Centers for Disease Control and Prevention | [Pertussis: Postexposure Antimicrobial Prophylaxis](#)

Centers for Disease Control and Prevention | [Respiratory Hygiene/Cough Etiquette](#)

Centers for Disease Control and Prevention | [When and How to Wash Your Hands](#)

Medical Centric | [Whooping Cough: Causes, Signs and Symptoms, Diagnosis, and Treatment\(video\)](#)

PERTUSSIS

Pertussis, also known as whooping cough, is a very contagious respiratory illness that spreads from person to person.

- 1 PERTUSSIS CAN BE VERY SERIOUS, ESPECIALLY FOR BABIES.**
 - Pertussis can cause serious illness in people of all ages and can even be life threatening, especially in babies.
 - Pertussis can lead to convulsions, pneumonia, brain damage, apnea and death.
- 2 PERTUSSIS IS VERY CONTAGIOUS.**
 - Pertussis spreads easily from person to person through coughing and sneezing.
 - Some people have mild symptoms and don't know they have pertussis, but they can still spread the bacteria that causes it to others.
- 3 SYMPTOMS CAN LAST FOR WEEKS.**
 - Symptoms include: coughing, coughing fits, and vomiting.
 - Pertussis can cause rapid, violent, and uncontrolled coughing fits until all air is gone from the lungs. These coughing fits can go on for up to 10 weeks or more.
- 4 BABIES MAY NOT COUGH AT ALL.**
 - Babies may not cough at all. Instead, they may have apnea (life-threatening pauses in breathing) or struggle to breathe.
 - Any time someone is struggling to breathe, it is important to get them to a doctor right away.
- 5 VACCINES ARE THE BEST PROTECTION AGAINST PERTUSSIS.**
 - Two vaccines in the United States help prevent pertussis: DTaP and Tdap. Children younger than 7 years old get DTaP, while older children, teens, and adults get Tdap.
 - Pregnant people should get a Tdap vaccine during the third trimester of each pregnancy to help protect their baby early in life.



Montgomery County Office of Public Health
 610-278-5177
 MCHPHCommunications@montgomerycountypa.gov
 www.montgomerycountypa.gov/health

PERTUSSIS

La tos ferina, también conocida como tos ferina, es una enfermedad respiratoria muy contagiosa que se transmite de persona a persona.

- 1 LA TOS FERINA PUEDE SER MUY GRAVE, ESPECIALMENTE PARA LOS BEBÉS.**
 - La tos ferina puede causar enfermedades graves en personas de todas las edades e incluso puede poner en peligro la vida, especialmente en los bebés.
 - La tos ferina puede provocar convulsiones, neumonía, daño cerebral, apnea y la muerte.
- 2 LA TOS FERINA ES MUY CONTAGIOSA.**
 - La tos ferina se transmite fácilmente de persona a persona al toser y estornudar.
 - Algunas personas tienen síntomas leves y no saben que tienen tos ferina, pero aun así pueden transmitir la bacteria que la causa a otras personas.
- 3 LOS SÍNTOMAS PUEDEN DURAR SEMANAS.**
 - Los síntomas incluyen: tos, ataques de tos y vómitos.
 - La tos ferina puede causar ataques de tos rápidos, violentos e incontrolados hasta que desaparece todo el aire de los pulmones. Estos ataques de tos pueden durar hasta 10 semanas o más.
- 4 ES POSIBLE QUE LOS BEBÉS NO TOSEN EN ABSOLUTO.**
 - Es posible que los bebés no tosen en absoluto. En cambio, pueden tener apnea (pausas en la respiración que ponen en peligro su vida) o dificultad para respirar.
 - Cada vez que alguien tiene dificultades para respirar, es importante llevarlo a un médico de inmediato.
- 5 LAS VACUNAS SON LA MEJOR PROTECCIÓN CONTRA LA TOS FERINA.**
 - En los Estados Unidos, dos vacunas ayudan a prevenir la tos ferina: DTaP y Tdap. Los niños menores de 7 años reciben la DTaP, mientras que los niños mayores, los adolescentes y los adultos reciben la Tdap.
 - Las mujeres embarazadas deben recibir la vacuna Tdap durante el tercer trimestre de cada embarazo para ayudar a proteger a su bebé en las primeras etapas de la vida.



Oficina de Salud Pública del Condado de Montgomery
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