

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
 <u>symptoms</u> 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 <u>symptoms of pertussis</u>, 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 <u>health conditions that may be made worse</u> 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 your 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)

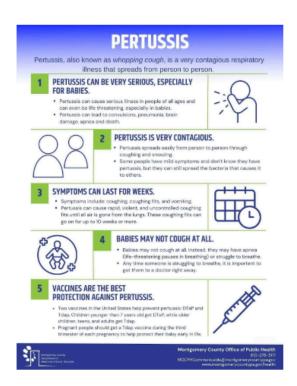
Centers for Disease Control and Prevention | 5 Things to Know About Whooping Cough

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)







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