



Benton-Franklin Health District

Kennewick
Pasco
Prosser

(509) 460-4200
(509) 547-9737
(509) 786-1633

HEALTH ALERT - PERTUSSIS

This fax contains important information regarding local athletes and families potentially exposed to pertussis at the 2009 Mat Classic WIAA Wrestling State Championships in Tacoma, Washington February 21 and 22, 2009

For information regarding this fax, please contact Heather Hill @ (509) 460-4232 or by e-mail @ heatherh@bfhd.wa.gov



HEALTH ALERT - Pertussis

DATE: March 6, 2009
FROM: Benton Franklin Health District
TO: Health Care Providers, School Nurses

SUBJECT: Exposure to Pertussis (Whooping Cough) in Tacoma

As many of you may know a pertussis outbreak associated with the 2009 Mat Classic WIAA Wrestling State Championships held in the Tacoma Dome on February 20 and 21, 2009 has been identified. The reported cases involve students from both eastside and westside counties. Wrestlers, coaches, and spectators from Benton and Franklin counties did attend this event; however, currently there are no confirmed cases from Benton or Franklin counties associated with this outbreak.

Pertussis is a highly contagious bacterial respiratory infection spread by coughing or sneezing. Early symptoms are similar to a common cold, but last longer than expected. Within a few days, coughs may come in paroxysms, often followed by a "whooping" sound with inhaling. Long coughing spells make it difficult for the case to eat, drink, or even breathe. Vomiting can also follow a long coughing spell. The disease is most serious in small infants. In severe cases, the coughing paroxysms may be followed by a period of apnea or cyanosis. With older children and adults the disease can be quite mild or can cause several weeks of exhausting coughing. Without treatment the case can transmit the disease for at least three weeks from onset of symptoms.

At this point the Health District has not identified any students, coaches, or spectators that are at risk due to close contact with a known infected person. However, if you have a patient that was at the Mat Classic, either as a spectator or participant, complaining of cold like symptoms and a cough that appeared between 6 and 21 days of their potential exposure you may want to consider prophylactic treatment and testing for pertussis.

To assess a coughing illness as a possible pertussis case, polymerase chain reaction (PCR) or a bacterial culture should be conducted on a nasopharyngeal swab. PCR is the preferred test as it has a relatively quick turnaround time (2-5 days). **Confirmed and probable cases must be reported to the Benton Franklin Health District. This can be done during work hours via the confidential fax (509) 543-3323 or by telephone to (509)460-4232. During non-work hours reports can be made via our 24-hour answering service (509) 543-3851.**

Environmental Health Community Health Centers

7102 W. Okanogan Place
Kennewick, WA 99336
Phone: 460-4200

7102 W. Okanogan Place
Kennewick, WA 99336
Phone: 460-4200

412 W. Clark St.
Pasco, WA 99301
Phone: 547-9737

310 North Seventh Street
Prosser WA 99350
Phone: 786-1633

In order to control pertussis, the Benton Franklin Health District recommends that:

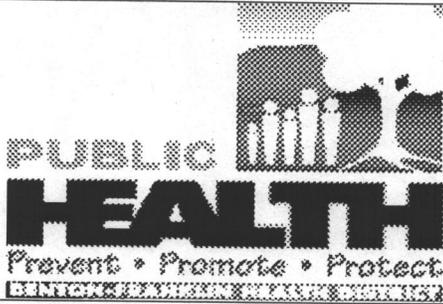
- Symptomatic exposed persons be evaluated and treated is necessary
- Cases are treated as soon as possible
- Immunizations of all potential contacts are updated.
- Prophylaxis is given to vulnerable contacts. (Vulnerable persons include infants and pregnant women in the third trimester, as well as child care workers or immune compromised individuals in close contact with the case. The entire household or childcare setting of a case should receive prophylaxis if there are vulnerable persons among them.) Vulnerable contacts, even if asymptomatic, will not be permitted to return to the exposure setting until prophylaxis has been given.

To prevent pertussis, children should be immunized with a four-shot series of the combination vaccine DTaP, which includes diphtheria, tetanus and acellular pertussis vaccines, in the first 18 months of life. Children who receive all four doses before their fourth birthday should receive a fifth dose before entering kindergarten or elementary school. Two vaccines types, Boostrix and Adacel, are also available to boost immunity for adolescents and adults.

While these vaccines are protective against pertussis, some immunized persons still contract pertussis, but will suffer less severe illness or shorter duration. For this reason, even age-appropriately immunized persons should be given prophylaxis when exposed to pertussis, as below.

Recommended Antimicrobial Therapy and Post-exposure Prophylaxis for Pertussis in Infants, Children, Adolescents, and Adults (from the AAP Red Book 2006)

Age	Recommended Drugs			Alternative
	Azithromycin	Erythromycin	Clarithromycin	TMP-SMX
<1 month	10 mg/kg per day as a single dose for 5 days (preferred macrolide for this age due to risk of hypertrophic pyloric stenosis associated w/ erythromycin)	40-50 mg/kg per day in 4 divided doses for 14 days	Not recommended	Contraindicated at <2 mo of age
1-5 months	See above	See above	15 mg/kg per day in 2 divided doses for 7 days	≥ 2 mo of age: TMP, 8 mg/kg per day; SMX, 40 mg/kg per day in 2 doses for 14 days
≥ 6 months and older children	10 mg/kg as a single dose on day 1 (max 500 mg); then 5 mg/kg per day as a single dose on days 2-5 (max 250 mg/day)	See above (max 2 g/day)	See above (max 1 g/day)	See above
Adolescents and adults	500 mg as a single dose on day 1, then 250 mg as a single dose on days 2-5	2 g/day in 4 divided doses for 14 days	1 g/day in 2 divided doses for 7 days	TMP, 300 mg/day; SMX, 1600 mg/day in 2 divided doses for 14 days



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This fax contains important information regarding a current shigellosis cluster, an update on the Mat Classic Pertussis outbreak, and current school absentee update

For further information regarding this fax please call Heather Hill @ (509)460-4232 or e-mail @ heatherh@bfhd.wa.gov

TO: Medical Providers
FROM: Heather Hill, RN, BSN, PHN IV
Communicable Disease Programs Supervisor
DATE: March 11, 2009

SUBJECT: **Shigellosis, Pertussis, and School Absentee Rates**

Shigellosis:

Over the last few weeks the Health District has been investigating a cluster of Shigellosis cases that appear to be confined to a small group of extended family and friends. Currently there are 7 laboratory positive individuals and 2 more are symptomatic and have an epidemiologically link to the cases. The Benton Franklin Health District usually receives 3 – 7 cases reported in an entire year.

Shigellosis is highly contagious bacteria and can be transmitted with as few as 10 – 100 organisms. It is transmitted via the fecal-oral route, sexual contact including oral-anal contact, food that is contaminated and served uncooked, contaminated and inadequately treated drinking water, ingestion of contaminated recreational water, and fecally contaminated inanimate objects (fomites).

The incubation period is 1 – 4 days, rarely as short as 12 hours or as long as 7 days. Patients are communicable as long as organisms are excreted in the feces, typically about 1 – 4 weeks after onset. Some individuals remain carriers for several months. This can be shortened by appropriate antibiotic use however, high levels of resistance to ampicillin and trimethoprim/sulfamethoxazole (TMP/SMX) have been found.

Shigellosis is characterized by acute onset of diarrhea, usually accompanied by high fever and cramping abdominal pain; sometimes with nausea and vomiting. Diarrhea is often marked by blood, mucus, or pus in the stools. Mild and asymptomatic infections also occur.

Shigellosis is immediately notifiable to the Health District by health care providers and hospitals. Laboratories are required to report within 2 work days and specimen submission to the State Lab. is required.

Please report to the Health District by calling Heather Hill @ (509)460-4232 or Cindy Ralston @ (509)460-4243 during work hours. For after hour and weekend reports call (509)543-3851. Reports may be faxed to the confidential fax line at (509)543-3323.

More information on Shigellosis can be obtained from the Department of Health web site at <http://www.doh.wa.gov/notify/guidelines/pdf/shigellosis.pdf>

Pertussis at the Mat Classic update:

Last week a fax was sent to all medical providers, schools and the news media within our community alerting them to the Pertussis outbreak associated with the Mat Classic held at the Tacoma Dome in Tacoma, Washington. On 3/9/2009 Washington State Department of Health notified all Local Health Jurisdictions that a student attending the Mat Classic as an alternate wrestler has subsequently tested positive for Pertussis. He did not wrestle, but was present at the event both days (February 20 and 21).

This is an important finding for the following reasons: it is the first documentation of possible transmission at the Tacoma Dome event. Also, this wrestler attends a school in the 4A division, whereas the students and staff known to have been contagious at the event were from schools in the 1B/2B division. This may indicate that co-mingling of the athletes (and perhaps team staff as well) during the event may have been extensive. Further details can be found on the Department of Health web site @ www.doh.wa.gov.

10 schools from the Benton and Franklin area were in attendance. Not only were wrestlers and coaching staff in the Tacoma Dome, but cheerleaders, and large numbers of spectators. Several schools also had students participating in the gymnastics competition being held simultaneously at the Tacoma Dome. Please take this into consideration when evaluating patients presenting with cold symptoms with a cough. For information on Pertussis please go to <http://www.doh.wa.gov/notify/guidelines/pdf/pertussis.pdf>

School Absentee Rates:

This week we continue to receive calls from schools reporting greater than 10% absentee rates including absentees due to influenza like symptoms. Typical respiratory symptoms reported include fever and cough. Several schools are reporting high rates of "strep throat".

If you need further information or have questions regarding this fax please call Heather Hill, RN, BSN, PHN IV @ (509)460-4232 or via e-mail @ heatherh@bfhd.wa.gov or Dr. Larry Jecha, Health Officer @ (509)460-4550.