

Pertussis/Whooping cough

Pertussis, also known as whooping cough, is a highly contagious respiratory disease. It is caused by the bacterium *Bordetella pertussis*. Pertussis is known for uncontrollable, violent coughing which often makes it hard to breathe. After fits of many coughs, someone with pertussis often needs to take deep breaths which result in a "whooping" sound. Pertussis can affect people of all ages.

Signs and Symptoms

Early symptoms can last for 1 to 2 weeks and usually include:

- Runny nose
- Low-grade fever (generally minimal throughout the course of the disease)
- Mild, occasional cough

Because pertussis in its early stages appears to be nothing more than the common cold, it is often not suspected or diagnosed until the more severe symptoms appear.

Onset of Symptoms

Symptoms typically appear about 14 days after infection.

How Pertussis Spreads

Pertussis can spread to others through coughing and sneezing.

(From "Pertussis (Whooping Cough)," Centers for Disease Control and Prevention, <https://www.cdc.gov/pertussis/index.html>)

Prevention

The most important step to prevent pertussis is to check your antibody level, and get a pertussis vaccination if the antibody is negative. It is important especially for students and staff of School of Medicine or Education, and University Hospital staff. Covering coughs and sneezes and

frequent hand washing are recommended to help slow the spread of the virus.

If You Get Pertussis

Please avoid coming University to attend classes or to work for. Contact your department office and Health Service Center.

- **Standard Period of Suspension of Attendance**

Until the distinctive cough disappears, or 5 days of appropriate antibiotic treatment is completed. (Enforcement Regulations for the School Health and Safety Act)

- **For University Hospital staff (including students under clinical training)**

First of all, contact Department of Infection Control, University Hospital (Tel:082-257-5372), and follow the order.

Please contact us if you have a question.

Health Service Center (email: health@hiroshima-u.ac.jp)