



July 5, 2024

Dear Parent/Guardian/Player/Coach of Tots Under Three Soccer, Legion Road Site,

Please be advised that there has been a case of pertussis (whooping cough) identified in a player at the Legion Road, Tots Under Three games for the dates of **Thursday, June 27<sup>th</sup> and July 4<sup>th</sup> at 5:45pm**. If you attended soccer on those dates you are considered a contact.

Pertussis is a highly contagious respiratory illness caused by a type of bacteria called *Bordetella pertussis*. Symptoms usually develop within 5 to 10 days after coming into contact with the bacteria, but sometimes do not develop for as long as 3 weeks. Pertussis typically begins with cold-like symptoms and a cough that worsens over 1-2 weeks. Coughing may occur in fits followed by a “whooping” noise, vomiting, cyanosis (turning blue) or the inability to catch one’s breath. Coughing may be worse at night.

If your child is experiencing symptoms of pertussis, please have them assessed by a health care provider as soon as possible. Individuals diagnosed as having Pertussis should not return to school or work and should avoid public gatherings, infants, and pregnant women for 5 days after the start of appropriate antibiotic treatment.

Antibiotics can prevent the spread of pertussis and are recommended for contacts who are at high risk of becoming very sick with whooping cough. If you are a high risk contact: **These include babies less than one year of age and pregnant women in their third trimester**, please contact your health care provider or 811 to discuss next steps.

The vaccines that protect against whooping cough are part of Newfoundland and Labrador’s recommended routine childhood immunization schedule and school immunization schedule, with recommended doses at 2 months, 4 months, 6 months, 18 months, 4-6 years old, and in Grade 9. Additionally, a booster dose of vaccine (Tdap) is also recommended for adults, especially pregnant women with each pregnancy. **If you are unsure if your child is up to date with pertussis vaccine or need to arrange pertussis immunization contact your local public health nursing office.**

A testing clinic will be available at 50 Mundy Pond Road, St. John’s, NL, for individuals **who are experiencing symptoms of pertussis AND have been in contact with someone who has whooping cough**. Testing will be by appointment only. To schedule an appointment, you can **call 709-752-7852** or you can also **text 1- 877-709-0512**. **If you are unable to access these services, please reach out to your local primary health care provider.**

Sincerely,  
Joy Loveys, RN, BN, M. Ad. Ed., CCHN(C)

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Communicable Disease Control Nurse