

You have been given this information sheet because you have had contact with someone who has pertussis, also known as “whooping cough”. Pertussis is spread to others through droplets from coughing or sneezing. It can also be spread by sharing food, drinks or eating utensils.

What does this mean for me?

- Your care team monitors you for symptoms of pertussis for 21 days.
- If you develop symptoms during that time, you are placed on precautions (isolation) and tested for pertussis.
- You may be offered pertussis vaccine if your vaccinations are not up to date.
- Certain people are at higher risk from pertussis and may be offered antibiotics to help protect them (example: infants less than 1 year old and pregnant women in their third trimester).

What do I do if I am discharged home before 21 days?

- Continue to monitor for symptoms of pertussis for 21 days.

What are the symptoms of pertussis?

- Pertussis starts like a common cold with sneezing, runny nose, low-grade fever and a mild cough.
- Over the next week or two, the cough gets worse, leading to long coughing spells that often (but not always) end with a “whoop” when the person breathes in. The cough can make a person gag or vomit.

What should I do if I have symptoms of pertussis after I go home?

- Call your doctor’s office to be assessed. It is important to tell them that you were exposed to someone who has pertussis.
- Call the Public Health office in your area at:

<https://www.saskhealthauthority.ca/system/files/2023-06/CS-G-0151-Communicable-Disease-Office-Information.pdf>

