

February 22, 2023

Dear Parent/Guardian,

Recently a Pertussis (whooping cough) outbreak was declared in southern Alberta. Prince Albert Public Health is asking parents and guardians to please ensure their children are up to date with **routine immunizations**.

### What is pertussis?

- Is caused by the bacteria *Bordetella pertussis*
- Is a serious and highly contagious infection of the lungs and throat
- Young children, especially those ***who have not been immunized***, get sicker than other children—**immunization is key to preventing serious illness and outcomes**
- **Early diagnosis and treatment is important** to stop the spread of the pertussis bacteria
- Pertussis spreads easily when an infected person coughs, sneezes or has close contact with others
- It starts like a common cold with symptoms such as sneezing, runny nose, mild fever and a mild cough.
- During the next week or two, the cough gets worse, leading to severe coughing spells that often end with a whooping sound before the next breath—especially in young children
- Teenagers and adults may not make the whooping sound
- The cough can last one to two months and occurs more often at night
- The cough can make a person gag or spit out mucus, making it hard to breathe. This prevents enough oxygen from getting to the brain

### How can I prevent getting or spreading Pertussis?

- **Get immunized for Pertussis to protect yourself and those around you**
  - Pertussis containing vaccines are part of the routine childhood immunization program and adult immunizations (including for pregnant women) are available as well
  - **If you're unsure if your child is up to date please phone (306) 765-6506 to speak with a Public Health Nurse**
  - **We have also attached clinic poster with our available clinics in Prince Albert and Rural Areas.**
- Stay home when you feel sick
- Wash your hands with soap and water.
- Use an alcohol-based hand sanitizer gel to clean your hands if soap and water are unavailable.
- Cough and sneeze into your sleeve or a tissue (throw tissue away after use and wash your hands)
- Clean and disinfect all surfaces regularly

For more information: <https://www.saskhealthauthority.ca/news-events/news/protect-yourself-and-your-family-pertussis-whooping-cough>

Sincerely,

School Team Prince Albert Public health, Saskatchewan Health Authority



# Childhood Immunization Clinics

## PRINCE ALBERT & AREA CLINICS *By Appointment Only - CALL 306-765-6510*

### Prince Albert Public Health Office

2<sup>nd</sup> Floor L.F. Macintosh Building - 800 Central Avenue  
Monday to Friday 9am - 4pm

### Birch Hills Health Center

3 Wilson St, Birch Hills  
1<sup>st</sup> & 3<sup>rd</sup> Tuesday each Month

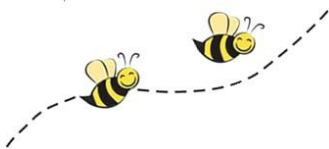
### Late Day Child Health Clinics



Gateway Mall (C19 clinic location)  
Thursdays 3pm - 6:15pm

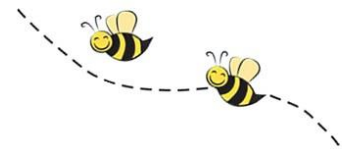
### Kinistino

Farm World  
4<sup>th</sup> Tuesday each month



### St. Louis

Public School  
2<sup>nd</sup> Tuesday each month  
September to June



## PRINCE ALBERT DROP IN CLINICS *First Come First Served—no appointment needed*

### Prince Albert Public Health Office

2<sup>nd</sup> Floor L.F. Macintosh Building - 800 Central Avenue  
Thursday & Friday  
8:30 - 11:30 am & 1 - 4 pm

### Bernice Sayese Centre

1350 - 15th Ave. W  
Wednesday  
10 am - 3:30 pm

