



Stó:lō Nation Health Services

7-7201 Vedder Road
Chilliwack, B.C. V2R 0G3
Tel: 604-824-3200
Toll-Free: 1-877-411-3200

HEALTH ADVISORY

For Immediate Release

Friday, January 06, 2012

ATTENTION: ALL STÓ:LŌ COMMUNITY MEMBERS

Pertussis Outbreak in Upper Fraser Valley – Now Including Chilliwack

Free 'Whooping Cough' vaccine from Stó:lō Nation Health Services available

Chilliwack, British Columbia — Residents of the Hope, B.C. area (including Chawathil, Yale, Shxw'ow'hamel, Peters, Union Bar and Skawahlook reserves) should be alert for the signs and symptoms of pertussis (commonly referred to as 'Whooping Cough'). Since August 2011, more than 20 cases of whooping cough have been reported in the area, with 15 of these cases occurring in December 2011.

The best protection against whooping cough is vaccination. In very young children, pertussis can lead to hospitalization and even death. Parents are encouraged to ensure their children are fully immunized. The vaccine that most people get when they are infants only offers protection for 4-10 years, leaving many adults without immunity to pertussis.

A free booster vaccine is being offered to adults in Stó:lō Nation community. The community health professionals of Stó:lō Nation recommend that you receive a booster if:

- Travelling to longhouse gatherings in the lower mainland or other gatherings or ceremonies.
- You travel to the Hope area
- You are around children 1 yr and younger
- You are pregnant or around pregnant mothers.
- You work in a health daycare setting

- more -



The following schedule lists the dates and times that the pertussis vaccine will be distributed by Stó:lō Nation's community health professionals:

Pertussis Vaccination Clinic Dates		
Skway Band office	Jan. 23	2-4pm
Leq'a:mel First Nation	Jan. 24	10am-4pm
Stó:lō Nation Health Services	Jan. 24	9am-4pm
Squiala Band office	Jan. 25	2-4pm
Stó:lō Nation Health Services	Jan. 31	10am-4pm
Squiala Longhouse	Feb. 3	5-8pm

For more information regarding pertussis, or the available vaccine, please contact a community health professional at Stó:lō Nation by calling 604-824-3200 or 1-877-411-3200.

Health: Inez Jasper, BScN, RN
Community Health Nurse, Stó:lō Nation Health Services
Tel: 604-824-3200, 1-877-411-3200
Email: Inez.Jasper@stolonation.bc.ca

Media: Rebecca Middleton, BA (Cmns)
Communications, Stó:lō Nation
Tel: 604-858-3366, 1-800-565-6004
Email: Rebecca.Middleton@stolonation.bc.ca

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Stó:lō Nation Health Services

Pertussis Outbreak in the Upper Fraser Valley – January 2012

» Frequently Asked Questions

1. What is pertussis?

Pertussis (whooping cough) causes very severe coughing that may last for months. Whooping cough is very contagious and can be a severe illness in those without proper immunizations. Whooping cough spreads easily through the air when an infected person coughs, sneezes, or laughs. After the bacteria infect someone, symptoms appear about 7 to 14 days later. You may not know that you have the infection and can spread it during this time.

Early symptoms are like a cold (sneezing, runny nose, a low fever and a mild cough). But over the next week or two, the cough gets worse leading to longer coughing spells that often end with a “whoop” or crowing sound when the person breathes in. The coughing may be so bad that it makes a person gag or throw up. Sometimes a thick, clear mucous is spit out. The cough can last up to a month or two, and happens more at night.

2. What should you do if you (or your child) develops symptoms?

If you or your child develops cold-like symptoms that you think may be whooping cough, you should see a doctor in a clinic. Call ahead so that you can be seen quickly and not expose other people by sitting in a waiting room. You may also be examined in an isolation room (if available) and given a mask to wear, or arrangements may be made for you to attend the clinic at a time when the waiting room is empty. If your child is having difficulty breathing, go the emergency room or call 911. Bring your and your child's immunization record with you.

3. What is the pertussis vaccine?

DTaP is the vaccine that protects against whooping cough and is given at two (2) months along with the vaccines for diphtheria and tetanus in a single shot. Tdap is the booster vaccine available for people older than 10 years of age. A booster dose of Tdap is recommended for teens ages 14 to 16. Any adult in the Hope area who has close contact with a baby less than 1 year old, and whose last dose of pertussis vaccine was 5 or more years ago is eligible for free pertussis vaccination.

For more information on pertussis, call HealthLink BC at 811 or view the BC HealthFiles for Pertussis online at <<http://www.healthlinkbc.ca/healthfiles/pdf/hfile15c.pdf>>





Stó:lō Nation Health Services Community Health Pertussis Vaccination Schedule 2012

UPDATED JANUARY 23, 2012

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Leq'a:mel First Nation	Jan. 24	10am-4pm
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Fraser Health – Chilliwack Health Unit

2012 PERTUSSIS CLINICS

Central Elementary Community School 9435 Young Road

Tuesday, January 24	3:00 – 7:00pm
Tuesday, January 31	3:00 – 7:00pm
Tuesday, February 7	3:00 – 7:00pm

Central Community Church: 46100 Chilliwack Central Rd

Wednesday, January 25	3:30 – 6:30pm
Wednesday, February 1	3:30 – 7:30pm
Wednesday, February 8	3:30 – 7:30pm

Tzeachten Hall: 45855 Promontory Rd

Friday, January 27	1:00 – 4:00pm
Friday, February 3	1:00 – 4:00pm
Friday, February 10	1:00 – 4:00pm

The vaccine is FREE if you are:

- Adults and youth living in Hope, Agassiz and Chilliwack (and surrounding area) who have ongoing contact with young children and have not had a pertussis booster in the previous 5 years. This includes school aged youth who haven't received their grade nine Tdap and it has been longer than 5 years since their Kindergarten booster.
- All adults living on reserve in the Hope, Agassiz and Chilliwack area who have not had a pertussis booster in the previous 5 years.
- Pregnant women and their partners, particularly in the third trimester, who have not had a pertussis booster in the previous 5 years. It is safe to receive the vaccine during pregnancy.



January 23, 2012

Pertussis (Whooping Cough) Outbreak

There are now more than 80 confirmed cases of whooping cough (pertussis) in the Fraser East Region. Fraser Health Public Health, along with local doctors and other health care providers, are working hard to stop the outbreak. Here is information that can help protect you, your family and others in your community from this potentially serious bacterial infection.

Please check your children's immunization records and ensure that pertussis immunizations are up-to-date. In addition, Chilliwack-area adults and youth who have ongoing contact with young children and who have not had a pertussis vaccine in the past 5 years should receive a pertussis booster. Pregnant women and their partners should also be vaccinated. Adults and youth living on reserve in the Chilliwack area whose last dose of pertussis vaccine was more than 5 years ago, should receive a booster. **To receive your free pertussis vaccine please attend one of the scheduled vaccine clinics in the Chilliwack community.**

Whooping cough is a very contagious infection affecting the lungs and throat. It is spread by coughing and sneezing. **Early** signs of pertussis are like those of a cold (sneezing, runny nose, a low fever and a mild cough). Over the next week or two, the cough gets worse, leading to longer spells of coughing that sometimes but not always end with a whoop or crowing sound when the person breathes in. The coughing may be so bad that it makes a person gag or throw up. This cough can last up to a month or two, and may be worse at night.

If you, or your child, develop early signs of whooping cough, it is very important to do two things:

- 1. See your doctor.** Early testing and treatment will help prevent you from spreading whooping cough to those that are at the most risk from the disease (babies less than one year of age, and pregnant women in the last 3 months of pregnancy). Early treatment, especially if started before coughing fits begin, reduces the duration and severity of illness.
- 2. If sick, stay home so that you do not infect others.** Coughing and sneezing into your shirt sleeve will help to lessen the chance of the germ spreading.

For more information about whooping cough, please contact the Chilliwack Health Unit at 604-720-4900.

More information about whooping cough is also available by calling Healthlink BC at 811.

The following reliable web resources are also recommended:

www.healthlinkbc.ca/kb/content/mini/hw65653.html

or, from BC Centre for Disease Control at:

www.bccdc.ca/dis-cond/a-z/w/WhoopingCough/default.htm

Seabird Health

Pertussis Clinic Dates

Date	Community	Time
Jan 24, 2012	Kwaw Kwaw Apilt	3pm-5pm
Jan 24-27, 2012	Seabird Island	Drop In – nurses will be available
Jan 25, 2012	Scowlitz	All Day
Jan 25, 2012	Cheam	All Day
Jan 30, 2012	Scowlitz	1pm-3pm
Jan 30, 2012	Cheam	Drop In
Jan 26, 2012	Chawathil	1pm-4pm – <i>(after school for students)</i>
Jan 27, 2012	Shxw'ow'hamel	Drop In
Jan 31, 2012	Chawathil	10am-12pm
Jan 31, 2012	Skwah	1pm-3pm