

There have been a few Pertussis cases on campus in March and April.

Symptoms of Pertussis may include:

- Coughing, violently and rapidly, until all the air has left the lungs and a person is forced to inhale, causing a "whooping" sound, or to the point of retching.
- Sneezing
- Nasal discharge
- Fever
- Sore, watery eyes
- Lips, tongue, and nailbeds may turn blue during coughing spells

If you have such symptoms, but do not have any chronic respiratory conditions such as asthma, an immune system disorder, or other health conditions such as diabetes, and you do not live in a household with infants or pregnant individuals, or work with small children, you may not need to test or take prescription medication. The infection is often mild in those who have been immunized and is typically self-limiting in healthy adults. Symptoms can be eased with over-the-counter medications. It is important to limit spread by observing the usual methods of good hand-hygiene, masking when appropriate, and avoidance of indoor group activities if possible.

Students, if you have symptoms that have caused you to be concerned about Pertussis, the Student Health Center (707.826.3146) will do a telephone triage with you to determine if you need to be tested, further evaluated, and/or treated.

Faculty and Staff with symptoms should call their medical provider with any concerns.