

# COLLIN COUNTY EPIDEMIOLOGY

Fall 2016



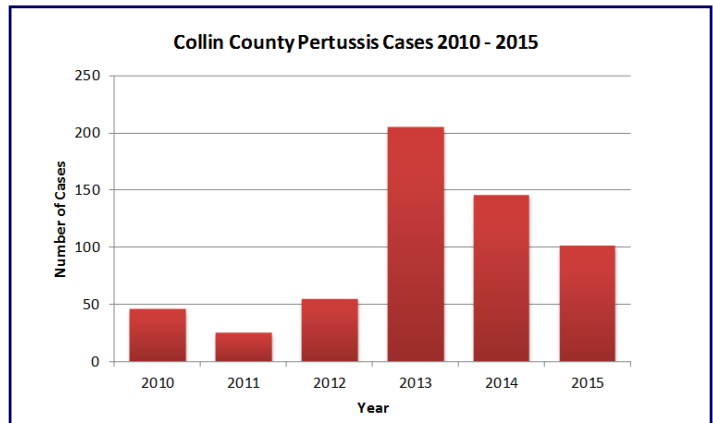
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## Pertussis in Collin County

Pertussis or whooping cough is a vaccine preventable disease that is spread from person to person by droplets. Droplets come from our mouth when we cough or sneeze. Most of the time pertussis starts with cold-like symptoms such as a mild cough and runny nose. Some people even mistake it for allergies. The difference with pertussis though is that the mild cough becomes a severe cough that can continue for weeks. The cough can be so severe that you may experience vomiting after a coughing fit.

Pertussis is most dangerous to infants. During coughing fits infants may experience a pause in breathing causing them to turn blue. Many infants who get pertussis have to be hospitalized.

In 2013 Collin County saw a sharp increase in the number of pertussis cases. Since then, the number of reported cases has remained high. We continue to monitor and implement control measures to reduce this number.



The best way to prevent pertussis is to make sure you are up-to-date on your vaccinations. The immunity acquired through the pertussis vaccine can fade over time that is why it is extremely important to get your booster shot.

If you think you have pertussis you should visit your healthcare provider. By working together we can continue to reduce the number of pertussis cases seen in Collin County.

## Protect yourself and your family from mosquito bites

Mosquito season may almost be over, but it is never too late to start protecting yourself from those bites, especially if you plan to go somewhere tropical over the winter months. Here are some steps you can take to prevent mosquito bites:

- Wear long sleeves and pants.
- Eliminate mosquito breeding grounds by:
  - ◇ Unclogging gutters
  - ◇ Dump standing water
  - ◇ Drain flowerpot dishes
  - ◇ Dispose of unused tires or drill holes in them
  - ◇ Fill tree holes with sand or cement
  - ◇ Check for leaky faucets and/or pipes
- Use an Environmental Protection Agency (EPA)-registered insect repellent as directed with one of the following active ingredients:
  - ◇ DEET
  - ◇ Picaridin
  - ◇ Oil of lemon eucalyptus or par-menthane-diol
  - ◇ IR3535
- Make sure your home is mosquito proof by fixing holes in screen windows and doors.