



**PRESS RELEASE FOR LOCAL MEDIA**

Central Michigan District Health Department  
"Promoting Healthy Families, Healthy Communities"

For more information, please call: (989) 773-5921 ext. 8433  
2012 E. Preston Avenue, Mt. Pleasant, Michigan 48858, [www.cmdhd.org](http://www.cmdhd.org)

**To: Local News Media Outlets**  
**From: Dr. Robert Graham, Medical Director**  
**RE: Local Health Department Encourages Pertussis Vaccination & Prevention Among Children, Adolescents & Adults**  
**Release Date: January 29, 2009 at 10:00 a.m.**

Confirmed cases of whooping cough have been seen in our area and across Michigan. As of Wednesday, January 28, 2009, two more confirmed cases have been identified in Clare County. Central Michigan District Health Department held two clinics this week in Harrison vaccinating 90 people. Many others are making appointments at other local public health branch offices and doctor's offices.

**PREVENTION** is the main message that local public health staff want to stress to everyone, regardless of whether or not you live in a community where cases have been confirmed or not. "I highly encourage everyone aged 64 and younger to check their immunization records and make an appointment with their doctor or local health department to receive the Pertussis vaccination if you have not been fully immunized," states Dr. Robert Graham, Medical Director of the Mid- and Central Michigan District Health Departments. "We need to protect ourselves and others around us who aren't able to receive a booster dose because of their age," adds Dr. Graham.

Whooping cough is spread by respiratory droplets. People with whooping cough can transmit the whooping cough germ for four weeks after becoming ill. The cough from the whooping cough can last up to 12 weeks. People that live with someone with whooping cough should talk to their doctor about receiving a course of antibiotics. Treatment with antibiotics if given early enough can reduce the damage done by the infection and stop the spread of the whooping cough germ.

Aside from vaccination, Central Michigan District Health Department offers the following prevention tips:

- Stay home from work or school if you are sick.
- If you have been prescribed antibiotics for pertussis, stay home until you have taken antibiotics for 2 days. Take all of the medicine as directed.
- See your family doctor if you have a cold or a cough that lasts more than one week.
- Cover your mouth and nose when you cough or sneeze (and tell others to do the same).
- Wash your hands frequently, carry a waterless hand sanitizer and use it after being in public.
- Stop smoking, drink eight glasses of water a day, get 8 hours of sleep a night, eat a well-balanced diet and take a multiple vitamin.

For more information on pertussis (whooping cough), log onto our website at [www.cmdhd.org](http://www.cmdhd.org). Central Michigan District Health Department serves the residents of Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon Counties.

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