

Matt Nelson
Superintendent

Steve Bussiere
Assistant Superintendent

Sanford School Department

917 Main Street, Suite 200, Sanford, Maine 04073
Tel: 207-324-2810 Fax: 207-324-5742
www.sanford.org

Cheryl Fournier
Business Administrator

Beth Lambert
Curriculum Director

Stacey Bissell
Special Education Director

SCHOOL COMMITTEE:

Paula Cote, Chair Amy Seigny, Vice-Chair
Jennifer Davie Melissa Simpson Kelly Termath

November 22, 2023

Dear Parent(s) or Guardian(s),

The Maine Center for Disease Control and Prevention (Maine CDC) has asked the Sanford School Department to notify parents of a confirmed case of pertussis, also known as (whooping cough), at Carl J. Lamb Elementary School.

Pertussis is an illness that is spread from person to person through coughing and sneezing. Pertussis usually begins with symptoms of a common cold (sore throat and runny nose) and often develops into a severe cough. The cough can last for several weeks or more. Most children are vaccinated against pertussis, but it is still possible for vaccinated children to become ill. Babies are most at risk of serious illness.

Individuals who are not symptomatic (i.e., not coughing) do not need to be excluded from activities and do not need to be tested. Antibiotics are not routinely recommended for casual contacts of pertussis cases, but may be recommended to household members.

To prevent the spread of pertussis in our community, the CDC recommends:

1. If your child has a severe cough (may include coughing to the point of gagging, vomiting after coughing, or difficulty breathing) or a prolonged cough lasting 2 weeks or longer, please contact your healthcare provider. If your provider suspects pertussis, they will obtain a specimen to be sent for pertussis testing.
2. Children/Adults with severe cough, prolonged cough, or confirmed pertussis will be started on antibiotics and will need to remain at home for 5 days while taking these antibiotics.
3. Please check with your medical provider to be sure you and your child are up to date on pertussis vaccine. Most children have had the vaccine before the age of 7 years, but their immunity to the disease may gradually wane over time. Booster shots (Tdap) are now recommended for children 11-18 years old. A single Tdap shot is also recommended for adults, especially adults who have contact with infants and young children. A Tdap booster is recommended with every pregnancy. For additional information click [HERE](#).

If you have further questions, please contact your medical provider or the Maine CDC at 1-800-821-5821.

Sincerely,

Steve Bussiere
Assistant Superintendent

