

NEWS RELEASE

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Contact: Kasey Knutson, Public Information Officer, 509-962-7515

Kittitas County Public Health is Working with Ellensburg High School to Address Pertussis

The Kittitas County Public Health Department (KCPHD) is working with Ellensburg High School to address a confirmed case of pertussis. The case is associated with wrestling; KCPHD is recommending that all wrestlers (male and female) along with any associated staff get tested for pertussis. “The goal of getting everyone tested and stopping practice now,” states Health Officer Dr. Mark Larson, “is to get this stopped and not prolong the spread of pertussis so the team can get back to practicing as soon as possible in a safe way.” Any wrestler for Ellensburg High School and associated staff should contact their health care provider for a PCR test.

Pertussis or also known as whooping cough has been increasing in Washington State. The illness can cause severe cough and can be especially dangerous for infants, according to the Washington State Department of Health (DOH). [Whooping Cough | Washington State Department of Health](#) has more information about the symptoms and prevention.

Vaccination is the best prevention for pertussis. Vaccinations for pertussis are called Dtap or Tdap, depending on the age of the individual. The vaccine provides protection against tetanus, diphtheria, and pertussis in one vaccine. Please contact your healthcare provider regarding the vaccination.

Pertussis is spread from person to person through the air when someone with pertussis coughs or sneezes. An individual with pertussis can be contagious two weeks after the cough start. An individual may also not show signs of illness for 7 to 10 days after exposure.

Washington State has been seeing an increase in pertussis [Washington state sees steep increase in whooping cough cases | Washington State Department of Health](#). KCPHD wants to remind people to stay up to date on their vaccinations to prevent pertussis.

For more information about pertussis, please visit DOH or the Centers for Disease Control or Prevention (CDC). For vaccinations and testing, please contact your local healthcare provider. For additional questions about this news release, please contact KCPHD at 509-962-7515.

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