

BOARD OF EDUCATION

HIGH POINT REGIONAL HIGH SCHOOL

299 PIDGEON HILL ROAD - SUSSEX, NJ 07461-2733

fax 973-875-0904 www.hpregional.org

Seamus Campbell
Director of Curriculum & Instruction
973-875-3170
SCampbell@hpregional.org

Dr. Scott D. Ripley
Superintendent
973-875-7204
sripley@hpregional.org

James Minkewicz
Business Administrator/ Board Secretary
973-875-7205
jminkewicz@hpregional.org

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Dear Parents, Staff, and the High Point Regional Community:

We have been notified by the Department of Health that a member of our community has been diagnosed with Pertussis. The Department of Public Health and the High Point nurse and administration are communicating so as to ensure the health and safety of students and staff. Please review the following information:

- Pertussis (also known as Whooping Cough) is a contagious disease caused by bacteria. Symptoms may begin like a common cold, but unlike a cold, the coughing can last for weeks or months. One to 2 weeks after the first symptoms start, people with pertussis may develop paroxysms—rapid, violent, and uncontrolled coughing fits. The coughing fits may cause one to gag or vomit. These coughing fits are often followed by a whooping noise.
- Pertussis spreads from person to person through the air. When a person who has whooping cough sneezes or coughs, they can release small particles with the bacteria in them.
- After exposure to the bacteria, it typically takes 5-10 days (sometimes as long as 21 days) before symptoms appear. Exposed persons should monitor for symptoms for 21 days, regardless of vaccination status.
- If your child comes down with a cold followed by a cough. Please keep your child home and contact your physician for further instructions.
- The best way to prevent pertussis is to get vaccinated. CDC recommends pertussis vaccination for everyone. **NJ State mandates all children entering the 6th grade who are 11 years or older receive this vaccine.**
- As a general rule, you can help prevent the spread of infectious diseases by washing hands frequently, covering nose and mouth with tissues when coughing or sneezing, and not sharing eating utensils, toothbrushes, cups, drinking glasses, or water bottles.
- For additional information, please visit:
 - <https://www.nj.gov/health/cd/topics/pertussis.shtml>
 - <https://www.cdc.gov/pertussis/>

If you have any questions or would like additional information, please contact your healthcare provider. *The administration at High Point* will continue to work closely with public health officials so as to remain up-to-date, aware and active in our efforts to ensure the wellbeing of all within the High Point Regional community.

Sincerely,



Scott D. Ripley
Superintendent