



Whooping Cough

Be Aware. Treat It Early.

What Is Whooping Cough?

- Whooping cough disease (also called pertussis) causes coughing fits that make it hard to breathe.
- It spreads easily when someone with the disease coughs or sneezes.
- It can kill young babies.

Whooping Cough Signs and Symptoms

Early Symptoms

Often, symptoms start mild and are like a common cold with runny nose, sneezing, low or no fever, or mild cough.

Symptoms After 1-2 Weeks

Symptoms can get worse fast and can last for months. They include bad coughing attacks that may lead to: vomiting, red or blue face, a “whoop” sound, problems breathing, extreme tiredness, or sweating spells.

Symptoms in Infants Are Different

Infants younger than 6 months old often do not have a typical cough. In the early stages, infants may: gasp or gag, stop breathing, get very tired or have seizures. Symptoms can get worse very fast. Often, babies need to go to the hospital for care.

Treat Whooping Cough Early

Call Your Doctor If You or a Family Member:

- Are around someone who has whooping cough or a bad cough.
- Have any symptoms of whooping cough.

Your Doctor May Prescribe an Antibiotic Medicine

Early treatment with antibiotic medicine can:

- Keep you from getting sicker.
- Prevent you from spreading the disease to others.
- Be given to infants and other household members to prevent them from getting sick.

If You Have Whooping Cough:

- Stay home. Avoid contact with others until you have finished your antibiotics.
- If you are caring for an infant, have an adult who is not sick, feed, hold, and care for your baby. Ensure your baby is seen by their health care provider.

Whooping Cough Shots Prevent the Disease

- Everyone needs to be up-to-date on their whooping cough shots (DTaP for kids younger than 7 years; or Tdap for older ages).
- Newborn babies are too young for the shots.
- Immunity from the disease or the shots wears off, so people 11 years and older need a booster shot.

Where To Go To Get the Booster Shot

- Your private health care provider
- **CSUSM Student Health & Counseling Services – 760/750-4915. Cost - \$40 by appointment.**
- County Immunization clinics – 211 or <http://sdiz.org/documents/IZ-clinics/iz9e.pdf>. Cost - \$10 first come, first served.
- Free clinics until 9/26/10 – see http://sdiz.org/Home/Hot_Topics/New-Pertussis-Info.html#sites, for details.