Protect Yourself and Your Family from Pertussis

Make Sure You and Your Family Get the Tdap Vaccine

Pertussis (also known as whooping cough) spreads easily from person to person. Anyone who comes in contact with children—family members, caregivers, and teachers—can infect them. This disease is very serious for babies, causing coughing fits and breathing problems. Hundreds of babies are hospitalized each year, and some die.

Ways to Protect Your Family

- **Get Vaccinated:** The Advisory Committee on Immunization Practices (ACIP) recommends tetanus-diphtheria-pertussis (Tdap) vaccination for all adults in the family to protect themselves and the baby at home from pertussis.
- **Make Sure Your Children are Up-to-Date on Their Immunizations:** Pertussis protection for babies begins with vaccination at two months of age. Infants and toddlers need four shots against pertussis, and a booster before starting kindergarten. The ACIP recommends all children 10 years of age and older should receive a single dose of Tdap.
- **Practice Good Hygiene:** Wash your hands frequently. When you cough, cover your mouth with a tissue or cough into your elbow.
- **If You are Pregnant:** Talk to your health care provider about the appropriate time for you to receive Tdap.

FOR MORE INFORMATION, CALL 1-877-888-7468 OR VISIT WWW.IMMUNIZEFLORIDA.ORG.