



Protect Yourself and Your
Children From Pertussis!



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Why Pertussis is Serious:

Pertussis (also known as whooping cough) spreads easily from person to person. Anyone who comes in contact with your child—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 Yourself and Your Family:

1. Get Vaccinated

Everybody in the family should be immunized against pertussis to protect themselves and the baby at home. You should ask your health care provider for the vaccine that protects against pertussis and includes a tetanus and diphtheria booster for your family.

2. Make Sure You, Your Children, and Other Family Members 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. Children 10 years of age and adults should receive a single dose of Tdap to replace a tetanus booster immunization. Pregnant women are recommended to receive a Tdap booster during each pregnancy, preferably during the final trimester, if not then immediately post-partum.

3. Practice Good Hygiene

Pertussis is spread by coughing. When you cough, cover your mouth with a tissue or cough into your elbow. Wash your hands frequently.

4. Surround Babies with Protection Against Pertussis

Babies younger than 6 months of age are more likely to develop severe disease from pertussis. Ensure everyone around your baby has been vaccinated for pertussis including family members, health care providers, and child care providers.