



Build your child's health



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Anyone can
get Pertussis
(whooping cough)



**VALUABLE INFORMATION TO HELP
STOP THE SPREAD OF PERTUSSIS**
(also known as whooping cough)



CAN ANYONE GET PERTUSSIS?

An anyone can get pertussis. In babies, pertussis can be life threatening. Babies often get pertussis from older children or adults whose symptoms are milder.

WHAT ARE THE SYMPTOMS?

In the beginning, symptoms of pertussis may be similar to a cold, such as runny nose, sneezing, mild fever, and a cough that slowly gets worse. After one to two weeks, the cough usually turns into strong coughing fits, that may last six weeks or longer. There is generally no fever during this time. After coughing, infected persons may vomit, have difficulty catching their breath, or become blue in the face. The cough is often worse at night, and cough medicines usually do not help.

In young children, coughing fits are often followed by a “whooping” sound as they try to catch their breath. The coughing spells may be so bad in babies that they have difficulty eating, drinking, or breathing.

Between coughing spells, the person often appears to be well. Some babies may only have apnea (failure to breathe). Children who have been vaccinated against pertussis as well as adults and teens often have milder symptoms that mimic bronchitis or asthma.

If a cough persists for more than two weeks, consult your doctor.



HOW IS PERTUSSIS DIAGNOSED?

A doctor diagnoses patients with pertussis from their symptoms. To confirm the diagnosis, the doctor will swab the back of the nose for laboratory testing. It is important to remember that laboratory tests may be negative even if a patient has pertussis.

HOW DOES PERTUSSIS SPREAD?

The pertussis bacteria are sprayed into the air when an infected person sneezes, coughs, or talks. Other people nearby can then inhale the bacteria. The first symptoms usually appear within 5 days to 21 days after a person is infected.

CAN PERTUSSIS BE PREVENTED?

Pertussis can be prevented among household members and others in close contact with an infected person by treating the exposed persons with antibiotics, even if they have been vaccinated. Vaccination of children and adults can also prevent pertussis. The pertussis vaccine is given along with diphtheria and tetanus vaccines in the same shot (called DTaP) for children. DTaP cannot be given to babies less than six weeks old or to anyone seven years of age or older.

Experts recommend that all babies and children be given a full series of DTaP vaccine unless there is a medical reason not to receive the vaccine. Vaccination is recommended at 2, 4, 6, and 15 to 18 months old with an additional shot at four to six years old, for a total of five doses. The fourth dose of DTaP may be given as early as 12 months, provided 6 months have elapsed since the third dose of DTaP. Vaccination against pertussis is also recommended for some older children and adults.



IS THE PERTUSSIS VACCINE SAFE?

A vaccine, like any medicine, could possibly cause serious problems, such as severe allergic reactions. However, the risk of a vaccine causing serious harm or death is extremely small. There is a slight risk of side effects caused by the vaccine. Pertussis causes about 10 to 20 deaths each year in the United States.

Because vaccine protection begins to fade in older children and adults, a new vaccine (called Tdap) has been developed against pertussis for these age groups. To protect babies from being exposed to pertussis, families who have or are expecting a baby and those that work with babies should consult with their doctor about receiving this vaccine.

HOW CAN BABIES BE PROTECTED?

Most hospitalizations and deaths from pertussis occur in infants younger than three months of age. That is why it is very important to protect them. So, have babies vaccinated, take them to a doctor when they are sick, and keep them away from anyone who coughs.

And remember, a doctor should see any baby that has a cough.

WHERE CAN YOU GET MORE INFORMATION?

*Call your doctor, nurse,
local health department, or the
Texas Department of State Health Services,
Immunization Branch, at (800) 252-9152.
www.ImmunizeTexas.com.*