

Protect Against Pertussis

Utah Department of Health and Human Services



Sounds of Pertussis

- Have you ever heard anyone cough with pertussis? It is not just a minor illness. Pertussis can be serious and often requires hospitalization for infants.
 - Click on the following link to hear the sounds of pertussis: <http://soundsofpertussis.org/>.
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What is Pertussis?

- Pertussis (whooping cough) is a very contagious disease that is spread by coughing or sneezing while in close contact with others.
- It is one of the most common vaccine-preventable diseases in the United States and affects all age groups from infants to adults.
- Many infants with pertussis are infected by siblings, parents or other caregivers who might not even know they have pertussis.

Pertussis Signs and Symptoms

Early symptoms – start mild, similar to a common cold

- runny nose
- sneezing
- low or no fever
- mild cough

After 1–2 weeks – symptoms can get worse fast and can last for months. Bad coughing attacks can lead to:

- vomiting
- a red or blue face
- a “whoop” sound
- problems breathing
- extreme tiredness
- sweating spells

Symptoms in infants are different – infants younger than six months of age often do not have a cough. In the early stages, infants may:

- gasp or gag
- stop breathing
- get very tired
- have seizures

Why Parents Should Get Vaccinated

- Protection from the pertussis vaccine you received as a child provides little to no protection five to ten years after the last dose.
- Babies often catch the illness from a family member or other caregiver.
- Pertussis is most severe for infants.
 - More than half of infants (under one year of age) are hospitalized.
 - 1 in 5 infants with pertussis get pneumonia.
 - Infants with pertussis can develop convulsions or uncontrolled shaking.

Vaccination for Children

- The diphtheria, tetanus, pertussis (DTaP) vaccine is recommended for infants, beginning at two months of age.
- Children should have four to five doses of the DTaP vaccine by the time they enter kindergarten.
- To get the best protection, all five doses of DTaP should be given on time according to the recommended immunization schedule for children.

Age	Dose
2 months	1 st
4 months	2 nd
6 months	3 rd
15–18 months	4 th
4–6 years	5 th

Vaccination for Adolescents and Adults



- The tetanus, diphtheria, pertussis (Tdap) vaccine is recommended for adolescents at 11-12 years of age.
- A single dose of Tdap vaccine is also recommended for adults up to 64 years of age who have close contact with infants less than 12 months of age to reduce the risk for spreading pertussis and to prevent the disease in others.
- Adults who should get Tdap vaccine:
 - Parents
 - Grandparents
 - Child care providers
 - Health care workers
 - Women who are planning to become pregnant

Protection For Your Baby



- Are you...
 - planning on becoming pregnant?
 - currently pregnant?
- Talk to your doctor about getting the Tdap vaccine. Don't risk spreading this disease to your baby.
- All people around your baby should be vaccinated with Tdap (siblings, grandparents, aunts, uncles, nannies, caregivers, childcare staff, etc).

Still Not Convinced . . .

- Getting sick with pertussis means time off from child care, school, work, social events and increased doctor's visits and medical care costs.
- While the pertussis vaccine is highly effective, no vaccine is 100% effective.
- If pertussis is circulating in the community, there is still a chance that a vaccinated person of any age can catch this very contagious disease and spread it to others.
- If a vaccinated person gets pertussis, the infection is usually less severe.

Resources

- Utah Department of Health and Human Services (DHHS)
 - Immunization Hotline
1-800-275-0659
 - Immunization Program
801-538-9450
 - Bureau of Epidemiology
801-538-6191
- Centers for Disease Control and Prevention:
<https://www.cdc.gov/pertussis/vaccines/index.html>
- Utah DHHS: Pertussis information and resources:
<https://epi.utah.gov/pertussis-whooping-cough/>
- California materials for pertussis:
http://eziz.org/resources/materials_pertussis.html