



# PROTECT YOURSELF AND YOUR FAMILY FROM PERTUSSIS (WHOOPIING COUGH)

***As children return to school, take steps to prevent catching or spreading pertussis. Pertussis is a highly contagious disease that is spread through the air by coughing. It can affect anyone but it can be much more serious in infants under one year of age.***

## **Get immunized**

- Make sure you and your family are current on pertussis vaccinations.
- Start immunizing children at 2 months of age.
- Children and adults 11- 64 years of age get continued protection with boosters that include pertussis vaccine.

## **If you or your child have symptoms of pertussis, see your health care provider. Symptoms include:**

- Cold-like symptoms and a cough that worsens over 1-2 weeks.
- Coughing spells followed by a “whooping” noise, difficulty catching your breath or vomiting.
- Coughing is often worse at night and cough medicine usually does not help.
- People with pertussis usually do not have a fever.

## **Remember to use every day practices to stop the spread of germs.**

- Wash hands often for at least 20 seconds.
- Always cover coughs and sneezes with inside of elbow or tissue.
- Stay home when sick.



**For more information call your health care provider or  
Clark County Public Health at (360) 397- 8182.**