

PERTUSSIS ALSO KNOWN AS WHOOPING COUGH



WHAT IS IT?

A highly contagious respiratory infection caused by the bacteria *Bordetella Pertussis* spread through droplets from coughing or sneezing

HOW DO YOU PREVENT IT?

The pertussis vaccine is part of the DTaP (diphtheria, tetanus, acellular pertussis) immunization, which is routinely given to children in five doses before their sixth birthday. Kids ages 11–18 can also get a Tdap booster shot for added protection.

COMMON TREATMENTS

Treatments for pertussis include antibiotics and supportive care such as drinking lots of fluids, getting rest, eating smaller, more frequent meals, and removing irritants from home (dust, smoke and chemical fumes).

TESTING

If you've been exposed to pertussis and develop symptoms, please request a pertussis test from your primary care provider

Contact Two Rivers Public Health Department, local pharmacies or your clinic for a vaccine.

888-669-7154
www.trphd.ne.gov

SYMPTOMS

Early symptoms include:

- Runny or stuffed-up nose
- Low-grade fever (less than 100.4°F)
- Mild, occasional cough (babies do not do this)
- Apnea (life-threatening pauses in breathing) and cyanosis (turning blue or purple) in babies and young children

In its early stages, whooping cough appears to be nothing more than the common cold.

One to 2 weeks after the first symptoms you may develop paroxysms—rapid, violent, and uncontrolled coughing fits.

Coughing fits can cause people to:

- Make a high-pitched “whoop” sound when they are finally able to inhale at the end of a coughing fit
- Vomit during or after coughing fits
- Feel very tired after the fit, but usually seem well in-between fits
- Struggle to breathe

