

# Let's talk about whooping cough

## What is whooping cough?

Whooping cough is a contagious infection that spreads through droplets when we cough & sneeze.

It can be especially serious for babies and children.



But good news- we can protect ourselves and our community with a few simple steps!

## What are the symptoms?

Whooping cough symptoms are usually most severe in infants. Whooping cough:

- Starts with a fever, runny nose, red watery eyes, and a cough
- Later develops into a more severe cough
- Can lead to coughing fits that cause choking, vomiting, and/or difficulty breathing.
- Can make coughs sound like a high-pitch "whoop" when breathing in



## What to do

If you think you have whooping cough, or have been in contact with someone who has it:

- Call a health care provider right away
- Avoid contact with other people as much as possible
- Check that your vaccinations are up to date.
- Wear a well-fitted mask when you have to be around others.
- Wash or sanitize your hands often.
- Cover your cough and sneeze.

## Prevention & treatment

### Preventing whooping cough

Make sure you and your family are up-to-date with their vaccines. Teens and adults need whooping cough boosters. Vaccines are our best defense. They're safe, reliable, and have been used for generations.

### Treating whooping cough

Whooping cough can be treated with antibiotics. The earlier you get help, the faster you'll be on the road to recovery.

Call your health care provider for individual advice and information.

