

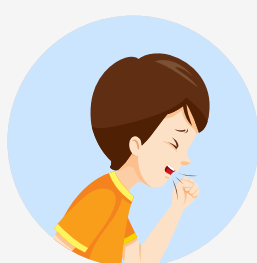
WHOOPING COUGH OR PERTUSSIS



- Whooping cough, or pertussis, is a very contagious respiratory infection caused by the bacteria called ***Bordatella pertussis*** which can be easily spread through coughing or sneezing.
- Coughing may become violent and rapid in some serious case
- The name of the disease comes from the whooping noise, or a high-pitched intake of breath after coughing.

SYMPTOMS

- Symptoms usually start within 5 to 10 days after you are exposed, but sometimes you may not get symptoms until up to 3 weeks later.
- Babies can get whooping cough from family or caregivers who don't know they have it.



Stage	Early (Stage 1)	Later (Stage 2)	Recovery (Stage 3)
Duration	may last from 1-2 weeks	from 1-6 weeks, may extend to 10 weeks	last for 2-3 weeks
Symptoms	<ul style="list-style-type: none"> • Runny or stuffed-up nose • Low-grade fever • Mild, occasional cough (except for babies) • Apnea (life-threatening pauses in breathing) 	<ul style="list-style-type: none"> • Coughing fits generally get worse • Making a high-pitched whoop sound • Vomit during and after coughing fits • Feel very tired 	<ul style="list-style-type: none"> • Susceptibility to other respiratory infections for many months • Coughing lessens but fits of coughing may return

Consult with a doctor if you or your child have these symptoms

- Turning blue or purple, esp. in babies and young children
- Struggling to breathe
- Coughing violently
- Coughing rapidly, over and over
- Not drinking enough fluids

*See a doctor any time someone is struggling to breathe, it is important to **get them to a doctor right away.**



PREVENTION

VACCINATION FOR ADULTS AND CHILDREN

- DTAP vaccines (Diphtheria, tetanus and pertussis) - for babies and children younger than 7 years' old
- TdAP vaccines (Tetanus, diphtheria and pertussis) - for older children and adults

PRACTICE GOOD HYGIENE



- Cover your mouth and nose when you cough or sneeze
- Throw away used tissues in the proper trash bin
- Cough or sneeze into your upper sleeve or elbow if you don't have a tissue
- Never cough into your hands because you can spread germs this way.
- Wash hands properly with soap and water for at least 20 seconds
- Use hand sanitizer or alcohol, if soap and water are not available.

REFERENCES:

<https://www.cdc.gov/pertussis/about/prevention/index.html>
<https://medlineplus.gov/whoopingcough.html>