

Parents and Teachers:



Whooping Cough is Serious

Whooping cough (pertussis) is a disease that spreads easily from person to person by coughing and sneezing. It can be very serious for babies and cause coughing spells that make it hard to eat, drink, or breathe. Hundreds of babies are hospitalized each year for whooping cough, and some die from it.

Many adolescents and adults don't realize they have whooping cough because their symptoms are mild. Some adolescents and adults will have severe coughing that leads to vomiting or broken ribs. Even worse, they can spread whooping cough to babies at home or in their care.

Protect Yourself and the Children in Your Care

Get Vaccinated

Everybody should be vaccinated against whooping cough to protect themselves and the children around them. The Tdap vaccine, for teens and adults aged 11 years and older, includes a tetanus and diphtheria booster and also protects against whooping cough. Ask your healthcare provider if it's time to get your Tdap vaccination.

Make Sure Children are Up-to-Date on Their Immunizations

Infants and toddlers need four DTaP shots to protect against diphtheria, tetanus and whooping cough. They also need a booster shot before starting kindergarten.

Cover Your Cough and Wash Your Hands

Whooping cough is spread by coughing and sneezing. Protect yourself and others from whooping cough:

- Cough and sneeze into your sleeve, instead of your bare hands.
- Wash your hands often with soap and water.

Protect yourself. Protect children.
Get Vaccinated!



Have questions?

Visit www.healthoregon.org/Imm or call the Oregon Public Health Division Immunization Program at 971-673-0300