

# PARENTS: Protect yourself and your children from whooping cough!



Whooping cough (pertussis) is a contagious disease that can be passed easily from person to person. Currently, pertussis is spreading across Alaska and is a very serious condition for babies. This can cause babies to cough so much that they cannot breathe; some can even die from it.

Whooping cough causes severe coughing in adults and teens that can lead to vomiting or even broken ribs. They can be hospitalized for pneumonia and miss weeks of work or school. Worse, they can spread whooping cough to babies at home.

**For more information, visit:**

**[www.epi.alaska.gov/id/dod/pertussis/pertussis.htm](http://www.epi.alaska.gov/id/dod/pertussis/pertussis.htm)**

## **Ways to protect yourself and your family:**

**Get a Tdap vaccination.** Parents should ask their provider for the Tdap vaccine. Tdap stands for tetanus, diphtheria and pertussis. Every teen and adult aged 12 and up should be vaccinated. Ask your provider for more information.

## **Make sure your children are up to date on their immunizations.**

Infants and toddlers need four shots against whooping cough and a booster before starting kindergarten.

**Cover your cough and wash your hands.** Whooping cough is spread by coughing. Remind everyone to cover their mouths when coughing and to wash their hands often or use hand sanitizer.

**Vaccination is protection.  
Get your shot today!**