

# Parents: Whooping Cough Alert!

There is now an epidemic of whooping cough in California. More than twice the usual number of cases have been reported in Long Beach.

**Protect  
your family  
from  
whooping  
cough.**



## Why Whooping Cough is Serious:

Whooping cough (also called pertussis) is a contagious disease that can pass easily from person to person. It is very serious for babies and can cause them to cough so much that they cannot breathe. Hundreds of babies are hospitalized each year for whooping cough, and some die from it.

Whooping cough can cause adults or teens to have severe coughing that leads to vomiting or broken ribs. They can develop pneumonia and miss weeks of work or school.

Babies most often catch whooping cough from a family member. If there is a baby or toddler in your family it is especially important that older children and adults get their Tdap boosters.

## How to Protect Yourself and Your Family:

### Keep Immunizations Up-to-Date

**Infants and Young Children** need four shots of Dtap for protection against whooping cough, and a booster shot before kindergarten.

**Children 11—18 years** need a tetanus/diphtheria/pertussis booster called Tdap. Only one booster dose is needed between the ages of 11 and 18.

**Adults up to age 65** should get a Tdap booster if at least 5 years has passed since their last tetanus booster. However, if the adult will be in regular contact with infants it is important to get Tdap regardless of age or when the last tetanus booster was given.

## 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.

Talk to your doctor about getting the vaccine you need or call the Long Beach Health Department at 562-570-4315 for an appointment to get low-cost Tdap.