

# Parents:



Protect  
Yourself  
and Your  
Children  
from  
Whooping  
Cough!

## Why Whooping Cough is Serious:

Whooping cough (also known as pertussis) is a contagious disease that can be passed 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 be hospitalized for pneumonia and miss weeks of work or school. Even worse, they can spread whooping cough to the babies at home.

## Ways to Protect Yourself and Your Family:

### Get Your Tetanus Booster (Tdap)

Everybody in the family should be immunized against whooping cough to protect themselves and the baby at home. Adults should ask their doctor about the new Tdap vaccine that includes a tetanus and diphtheria booster and also protects against whooping cough.

### Make Sure Your Grandchildren are Up-to-Date on Their Immunizations

Children 10 years of age and older can get the new Tdap booster. 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.

Protect yourself. Protect your family.

# Get Immunized!



## Have questions?

Visit [www.GetImmunizedCa.org](http://www.GetImmunizedCa.org) or call the Centers for Disease Control and Prevention  
Hotline: 1-877-554-4625.

