Whooping Cough (Pertussis)

**Symptoms**
- Low-grade fever
- Vomiting during or after coughing fits
- Apnea: babies breathing may pause or sound labored
- Exhaustion after coughing fits
- Runny nose
- Paroxysms: coughing fits can be followed by a high-pitched "whoop"

* Babies may have little or no cough

**Know the Difference**

<table>
<thead>
<tr>
<th>Pertussis</th>
<th>Common Cold</th>
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<tbody>
<tr>
<td>Caused by bacteria</td>
<td>Caused by a virus</td>
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<td>Can last up to 10 weeks</td>
<td>Typically lasts 7-10 days</td>
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<tr>
<td>Dry cough</td>
<td>Mucus producing cough</td>
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<tr>
<td>Fits of many, rapid coughs followed by high-pitched &quot;whoop&quot;</td>
<td>Sore throat, runny nose, sneezing, coughing, watery eyes</td>
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<tr>
<td>Vomiting during or after coughing fits</td>
<td>Headaches and body aches</td>
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<td>Pause in breathing during sleep and nose bleeds</td>
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Whooping cough is highly contagious ...

- You can spread pertussis to others for 21 DAYS after your cough starts
- After FIVE DAYS of treatment with antibiotics you can no longer spread pertussis

... and can be dangerous

- About half of all babies younger than 1 year old who get whooping cough are hospitalized
- Serious complications include lung infection, convulsions, brain damage, and death

**Consult your doctor if you suspect that you have whooping cough**

- Without treatment your symptoms can become very serious
- All members of the household need antibiotic treatment to prevent further spread
- Even if you have had pertussis in the past you can still get it again

**Natural home remedies do NOT cure or prevent the spread of pertussis**

**Can be prevented with vaccination DTaP for children and Tdap for adults**

**Sources**
- [https://www.cdc.gov/dohw/common-cold/index.html](https://www.cdc.gov/dohw/common-cold/index.html)
- [https://www.cdc.gov/pertussis/about/signs-symptoms.html](https://www.cdc.gov/pertussis/about/signs-symptoms.html)

**Epidemiology Resource Center**
- [http://www.in.gov/isdh/25446.htm](http://www.in.gov/isdh/25446.htm)
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