

Whooping cough (pertussis)

What is it? Whooping cough is caused by bacteria and starts between 5-21 days after exposure. At first, it can feel like a cold. Then the cough can become severe. The illness can last for many weeks. Some signs are:



Runny nose



Worsening cough



Vomiting after cough



Trouble breathing



Feeling very tired

How does it spread?

It can spread person to person through the air. This happens when someone has whooping cough and talks, coughs, or sneezes around other people.



Who is at risk?

It is most serious for babies. It can lead to hospitalization, pneumonia, breathing problems, brain damage, or even death.



How can I avoid spreading it to others when sick?



Wash hands with soap and water



Wear a mask



Cover cough with elbow or tissue



Stay home away from others



Avoid being near babies and pregnant people

Vaccination is the best way to prevent whooping cough.



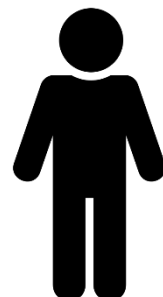
- The vaccine for babies and young children is called DTaP.
- The vaccine for teens and adults is called Tdap.
- Pregnant people should get the vaccine during the third trimester of each pregnancy.



Talk to your health care provider about vaccination, if you are sick, or were exposed to whooping cough. Treatment with antibiotics helps, especially when given early. To learn more visit [kingcounty.gov/cd](https://www.kingcounty.gov/cd).

Vaccination protects people from whooping cough.

People of all ages need whooping cough (pertussis) vaccinations to protect themselves and others. Check below to see which vaccine you need and when.



Who needs to get vaccinated?

Babies and young children

Preteens

Pregnant people

Adults 19+

Which vaccine?

DTaP

Tdap

Tdap

Tdap

When should I get vaccinated?

2, 4, and 6 months
15-18 months
4-6 years

11-12 years

Third trimester

Anytime for those who have never gotten it

How many vaccinations should I get?

5

1

1 for each pregnancy

1, and then another every 10 years



How does vaccination protect my baby during pregnancy?

When you get vaccinated, your body makes antibodies that get passed along to your baby. These antibodies protect your baby during the first few months of life. Pregnant people should get vaccinated early in their third trimester of *each* pregnancy.



How well does vaccination work?

When you are fully vaccinated, you're much less likely to get whooping cough. However, protection fades over time. Here is the good news:

- If you are vaccinated and still get sick, it is usually a milder illness.
- Vaccination during pregnancy protects your newborn from getting sick or having a serious illness. Whooping cough can be deadly for babies.



Talk to your health care provider about getting vaccinated.
Visit [kingcounty.gov/findaclinic](https://www.kingcounty.gov/findaclinic) for vaccination options near you.