

Fast Facts

Pertussis (Whooping Cough)

- A respiratory infection that is caused by the bacteria *Bordetella pertussis*
- A hacking cough that is often followed by an intake of breath that is high-pitched and sounds like a “whoop”
 - Highly contagious
- Spread when an infected person coughs/sneezes resulting in the bacteria being released into the air
 - Three stages
- Can result in complications like broken ribs, abdominal hernias and broken blood vessels in skin/whites of eyes for adults and pneumonia, slowed/stopped breathing, dehydration/weight loss due to feeding difficulties as a result of vomiting, seizures, brain damage or death in children and infants

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<p><i>First stage:</i></p> <ul style="list-style-type: none"> -Lasts 1-2 weeks -Runny nose -Sneezing -Low-grade fever -Mild cough <p><i>Second stage:</i></p> <ul style="list-style-type: none"> -Lasts 1-6 weeks (up to 10 weeks) -Hacking cough followed by a long inhaling effort that is characterized by a high-pitched whoop <p><i>Third stage:</i></p> <ul style="list-style-type: none"> -Lasts 2-6 weeks (up to several months) -Cough disappears within 2-3 weeks, but may recur if the patient suffers any subsequent respiratory infections 	<ul style="list-style-type: none"> -Antibiotics -Isolated from others -Preventive antibiotics for exposed family members or roommates <p><i>Cough Relief:</i></p> <ul style="list-style-type: none"> -Rest as possible -Drink plenty of fluids, like water, juice and soup, to stay hydrated -Eat smaller, more frequent meals in order to decrease the chances of vomiting -Don't smoke, be around anyone who is smoking or anything else that might irritate your lungs -Wear a mask when around other people 	<p><i>Vaccination:</i></p> <ul style="list-style-type: none"> -Series of five injections at 2, 4, 6 and 15-18 months of age and at 4-5 years old -Booster between the ages of 11-12, with every pregnancy and when your doctor recommends (as an adult) <ul style="list-style-type: none"> -Wash hands thoroughly -Cover your cough

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