

GET YOUR TDAP SHOT TODAY

Tetanus, Diphtheria, and Pertussis (Whooping Cough)

If you think whooping cough (pertussis) is a disease of the past, think again. Whooping cough is still around and can be a serious illness for adults and adolescents, and potentially fatal in infants. Before pertussis vaccines became widely available in the 1940s, about 200,000 U.S. children got sick with it each year and about 9,000 died as a result of the infection. Whooping cough has been on the rise in the U.S. since an all-time low of just 1,000 cases were reported in 1976. 2012 was the worst pertussis season in the US since 1955 with an estimated 48,277 cases. Since 2010, we see between 10,000 and 50,000 cases of whooping cough each year in the US. Cases are reported in every state and include people of all ages. Many cases go undiagnosed and unreported.

What is whooping cough and what are the symptoms? How does it spread? Whooping cough is a highly contagious disease that affects the lungs. Whooping cough is also known as pertussis because it is caused by a type of bacteria called *Bordetella pertussis*. You may not be able to recognize the first signs of whooping cough. That's because whooping cough in adults can start out like the common cold. Symptoms include: runny nose, congestion, sneezing, mild cough, fever. Severe coughing can begin after 1-2 weeks due to thick mucus in the airways. Coughing fits can be uncontrollable, causing shortness of breath, vomiting, broken ribs, pneumonia, and can last another 2-4 weeks. These symptoms and complications can cause adults to be hospitalized and to miss work. People with whooping cough can have sporadic coughing fits for up to 3 months or more. This disease has been termed the 100 day cough. One study estimated that the majority of adults with whooping cough missed an average of approximately 10 days of work!

How is whooping cough spread and when is it contagious?

It spreads from person to person through the air by coughing and sneezing. It is very contagious. Persons are most contagious when they are experiencing cold-like symptoms and may be unaware they have the disease. They will continue to be contagious the first 2 weeks after the coughing starts. People with whooping cough are generally contagious for about 21 days. A person with pertussis can infect up to 12 to 15 other people.

Preventing Tetanus, Diphtheria and Pertussis (Whooping Cough): Get Vaccinated

The single best way to prevent tetanus, diphtheria and pertussis is to get a Tdap (Tetanus Diphtheria and Pertussis) vaccine. Adults and adolescents make up more than half of the reported cases of pertussis. Many infants who are infected with whooping cough contract the bacteria from parents and older siblings. The only way to stop the growth of pertussis is for adults to get the Tdap vaccine. It will shield you from getting sick and maybe protect an infant from a much worse fate.



Who Should Get Vaccinated?

ACIP (Advisory Committee on Immunization Practices) recommends that **all adults aged 19 and older should receive a dose of Tdap. Also, adults should receive a booster dose every 10 years**, or earlier in the case of a severe and dirty wound or burn. Booster doses can be either Tdap or Td. Adolescents aged 11 through 18 years who have completed the recommended childhood diphtheria, tetanus, and pertussis vaccinations are recommended to receive the Tdap at the 11 to 12 year old preventative health-care visit. The ACIP also recommends that all pregnant women receive a Tdap during the third trimester of EACH pregnancy (Please ask your OB for your vaccination as Healthy Solutions does not vaccinate pregnant women with Tdap). **Your Tdap vaccination can help protect you and those around you from getting pertussis (whooping cough)!**



913-345-2223

Updated 5/16/2022Sinc