



# WHOOPIING COUGH is on the Rise in California Protect Your Baby

## Babies Are Most At Risk

Whooping cough disease (also called pertussis) causes coughing fits so bad that it is hard to breathe.

Each year in California, hundreds of babies are hospitalized for whooping cough and some die.

## Circle Your Baby with Protection

Whooping cough shots safely prevent the disease. But, your new baby is too young to get the shot.

To protect your baby, make sure that these people are up-to-date on their whooping cough shots:

- Anyone who lives with your baby, or
- Anyone who takes care of your baby.

Protection from the disease and the shots wears off. Make sure anyone 10 years of age or older gets a booster shot, called Tdap, at least two weeks before they have contact with your baby.

## New Moms Need Tdap Protection

Babies most often catch whooping cough from a family member. By protecting yourself from the disease, you also protect your baby.

Ask your doctor for a Tdap shot. You can get it:

- **Before** you are pregnant (ideally),
- **During** pregnancy, or
- **After** giving birth.

**If you have not gotten your Tdap shot yet, get one before leaving the hospital with your new baby.**

It's safe to get a Tdap shot while breastfeeding.

## Treat Whooping Cough Early

Call your doctor or your baby's doctor if:

- You or your baby are sick. Early signs of whooping cough are mild, and like a cold but can get worse fast; or
- You or your baby are around someone with whooping cough or a bad cough.



## Dylan's Story

Before Dylan was born, I was sick and had a bad cough. I coughed so hard that it caused contractions to start early. Dylan was born a healthy, beautiful baby. But, I continued to cough and it was hard to keep Dylan awake during feeding – the only sign of pertussis he ever had.

**Two weeks later, my son Dylan, died of pertussis that he caught from me.** He was 17 days old. It is possible to prevent babies like Dylan from catching pertussis. Now I urge parents to vaccinate their children, and adults to get a Tdap booster. I don't want to see any family suffer the way mine has.

For more personal stories, go to [www.shotbysot.org](http://www.shotbysot.org)

**Talk with your doctor about getting a whooping cough shot.**

