

PERTUSSIS (WHOOPIING COUGH) IS SPREADING IN YOUR COMMUNITY



HOW TO AVOID SPREADING PERTUSSIS TO OTHERS

*If you or your child is being treated for Pertussis at home:

Do not give cough medications unless instructed by your doctor. **Giving cough medicine probably will not help** and is often not recommended for kids younger than 4 years old.

Manage pertussis and reduce the risk of spreading it to others by:

- Following the schedule for giving antibiotics exactly as your doctor prescribed.
- Staying at home for the full 5 days while taking your antibiotic. It takes 5 days to kill the bacteria.
- Keeping your home free from irritants - as much as possible - that can trigger coughing, such as smoke, dust, and chemical fumes.
- Using a clean, cool mist vaporizer to help loosen secretions and soothe the cough.
- Practicing good hand washing.
- Drinking plenty of fluids, including water, juices, and soups, and eating fruits to prevent dehydration (lack of fluids). **Report any signs of dehydration to your doctor immediately.** These include dry, sticky mouth, sleepiness or tiredness, thirst, decreased urination or fewer wet diapers, few or no tears when crying, muscle weakness, headache, dizziness or lightheadedness.
- Eating small, frequent meals to help prevent vomiting if occurring.

