

VACCINATE YOUR FAMILY



A PROGRAM OF **ECBT**
every child by two

FOR GRANDPARENTS:

FREQUENTLY ASKED QUESTIONS
ABOUT VACCINES AND
WHOOPIING COUGH

WHY SHOULD I TALK TO MY HEALTHCARE PROVIDER ABOUT GETTING VACCINATED?

Vaccinations aren't just for children. They can help protect not only your own health but that of your family as well. This is especially important with a new grandchild or with one on the way! In fact, the recommended vaccinations for adults help protect them and their families from serious diseases, such as whooping cough.

AS A GRANDPARENT-TO-BE OR NEW GRANDPARENT, WHICH VACCINES ARE APPROPRIATE?

You should talk with your healthcare provider, such as a doctor, nurse, or pharmacist, about which vaccines may be right for you. Two of the vaccines recommended for adults who will be in close contact with infants are the flu vaccine and the Tdap vaccine, which helps protect against tetanus, diphtheria and pertussis, commonly known as whooping cough.

It is recommended that everyone who is in close contact with a newborn be up-to-date with their flu and whooping cough vaccines.

WHY SHOULD I BE CONCERNED ABOUT WHOOPING COUGH?

The United States continues to have outbreaks of whooping cough. Whooping cough is a serious, highly contagious disease that can last up to 10 weeks or more. It is spread from person to person, usually by coughing or sneezing. The disease may be milder in adults, adolescents, and children partially protected by the vaccine compared to infants and young children. In fact, many people may not even be aware they have it. However whooping cough can cause serious and even life-threatening complications in infants and young children, especially those who are not fully vaccinated.

About half of all infants under the age of one year who get whooping cough end up in the hospital. Sadly, approximately 1 out of every 100 infants who are hospitalized for whooping cough will die.



WHAT ARE THE SYMPTOMS OF WHOOPING COUGH?

Early symptoms of whooping cough are usually mild and resemble those of a cold. In fact, some people don't even know they have whooping cough; however, they are still contagious. Early symptoms commonly include: runny nose, low-grade fever (generally minimal throughout the course of the disease), mild, occasional cough, and apnea – a pause in breathing (in babies).

After a week or two, the symptoms can worsen due to thick mucus that accumulates inside airways. This can result in uncontrollable, severe coughing. In children, this coughing may lead to vomiting; difficulty breathing, eating, drinking or sleeping; turning blue from lack of oxygen; and gasping for breath. For some people, a “whoop” sound occurs in between coughing fits as they try to take in deep breaths. Infants may not cough at all, but rather struggle to breathe or even temporarily stop breathing. Sadly, approximately 1 out of every 100 infants who are hospitalized for whooping cough will die.



TALK TO YOUR HEALTHCARE PROVIDER, SUCH AS A DOCTOR, NURSE, OR PHARMACIST ABOUT WHAT VACCINATIONS YOU MAY NEED, INCLUDING WHOOPING COUGH

FOR ADDITIONAL INFORMATION

• Centers for Disease Control and Prevention

www.cdc.gov

www.cdc.gov/flu/

www.cdc.gov/pertussis/

www.cdc.gov/vaccines/

FOR MORE INFORMATION,
PLEASE VISIT
WWW.VACCINATEYOURFAMILY.ORG