

FOR NEW GRANDPARENTS

TALKING TO YOUR HEALTHCARE PROVIDER OR PHARMACIST ABOUT THE WHOOPING COUGH VACCINE

YOU'RE ABOUT TO BECOME A GRANDPARENT?

Congratulations!

Now more than ever, it's important for you to stay healthy so you can spend quality time with your grandchild and watch him or her grow for years to come. Preventive care is a key to staying healthy and includes a balanced diet, regular exercise, and vaccinations.

DID YOU KNOW?



Getting vaccinated against diseases such as whooping cough may help protect you *and* your grandchildren. The Centers for Disease Control and Prevention (CDC) recommends a series of 5 whooping cough vaccinations, with infants receiving their first dose at two months of age, and the 5th dose of the series being administered between 4-6 years of age. It's also important that all family members, including grandparents, are up-to-date with their immunizations.

MORE THAN JUST A COUGH



Whooping cough is a serious, highly contagious, respiratory disease. It can last several months in adults, but in children, and infants in particular, whooping cough can be more severe, and even fatal in a very small number of cases. Everyone, including adults and adolescents, may not know they have whooping cough since it can appear to be a common cold in its early stages; however, people are most infectious up to about 2 weeks after the cough begins and can unknowingly expose infants to the disease.

Babies who get whooping cough often catch it from family members. In fact, in one recent study of infants who contracted whooping cough, approximately 85% got it from a member of their immediate or extended family, when a source of the infection could be identified.

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.

The Tdap vaccine helps to protect against tetanus, diphtheria and pertussis (whooping cough). It is the best way to help protect you and your family against whooping cough, but everyone should also practice basic hygiene measures, such as washing their hands and covering their mouths when they sneeze or cough.

VACCINATE YOUR FAMILY



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



MORE



WHAT CAN YOU DO?



To help protect you and your grandchild, talk to your healthcare provider, such as a doctor, nurse, or pharmacist, about the whooping cough vaccine!

KEY QUESTIONS TO ASK YOUR DOCTOR:

I'M EXPECTING A NEW GRANDCHILD. ARE THERE ANY VACCINATIONS I NEED TO HELP PROTECT MYSELF AND THE NEW BABY?

WHAT ELSE CAN I DO TO HELP PROTECT MY OWN HEALTH AND THAT OF MY GRANDCHILD?

FOR ADDITIONAL INFORMATION

- Centers for Disease Control and Prevention
www.cdc.gov
www.cdc.gov/flu/
www.cdc.gov/pertussis/
www.cdc.gov/vaccines/
- The American Academy of Pediatrics
www.aap.org

FOR MORE INFORMATION,
PLEASE VISIT
WWW.VACCINATEYOURFAMILY.ORG