

WHAT IS WHOOPING COUGH?

Whooping cough is a highly contagious disease caused by the bacteria *Bordetella pertussis*. The bacteria affects the lungs and airways, and can cause repeated coughing fits and an associated “whoop” noise when gasping for breath. Symptoms can last for weeks, and up to a couple of months.

**PEOPLE OF ALL AGES
CAN GET WHOOPING COUGH.**

WHAT ARE THE SYMPTOMS?

Early symptoms of whooping cough can resemble those of a cold. Because of this, many people who spread it may not know they have it.

Symptoms can start with a runny nose or congestion, sneezing and a mild cough or mild fever. After 1 to 2 weeks, the cough can worsen due to thick mucus in the airways. This can result in bursts of rapid coughing.

A whoop sound may occur between coughing fits as you try to very quickly take in breaths. Although you are often exhausted after coughing, you usually appear fairly well in between coughing fits. Coughing fits usually become more frequent and get worse as the illness continues, occurring more often at night.

WHOOPING COUGH CAN DISRUPT YOUR LIFE

TALK TO YOUR DOCTOR OR PHARMACIST
ABOUT GETTING A WHOOPING COUGH
VACCINATION TODAY.

Visit aboutwhoopingcough.com
to learn more.

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**IT'S TIME
FOR AN ADULT
CONVERSATION
ABOUT
WHOOPING COUGH.**

It isn't just a kid's disease

ABOUTWHOOPINGCOUGH.COM



**MANY PEOPLE WHO SPREAD
WHOOPING COUGH MAY NOT EVEN
KNOW THEY HAVE IT.**

HOW CAN I CATCH **WHOOPING COUGH?**

The germ that causes whooping cough spreads easily through **coughing or sneezing while in close contact** with others.

Persons are **most infectious during the early stage** of the illness and the first two weeks after the cough begins. Whooping cough is known to spread within households.

WHO'S AT **RISK?**

Anyone can get whooping cough. Though complications are less serious in older age groups, the violent coughing fits can disrupt sleep for a period of weeks to months, and can lead to weight loss, urinary incontinence, and fainting.

HAVE THERE BEEN REPORTED CASES OF WHOOPING COUGH **RECENTLY?**



35,435 cases of
whooping cough
were reported in 2024
in the U.S.

Source: Centers for Disease Control and Prevention. 2024 Provisional Pertussis Surveillance Report. Accessed April 16, 2025. https://www.cdc.gov/pertussis/media/pdfs/2025/01/pertuss-surv-report-2024_PROVISIONAL-508.pdf

HOW CAN I HELP PROTECT **MYSELF?**

CDC recommends whooping cough vaccination for all eligible patients. Protection from whooping cough vaccines administered during early childhood and adolescence can decrease over time. This is why the CDC recommends a booster vaccination (called "Tdap") for adults 19+ who have never received one.



**WHOOPING COUGH VACCINES CAN
HELP PROTECT AGAINST THIS VERY
CONTAGIOUS DISEASE.**