

Pertussis (Whooping Cough) for Seniors & Adults:

WHAT YOU SHOULD KNOW!



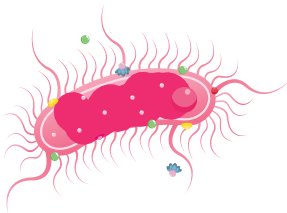
Signs and symptoms.

- The symptoms of pertussis (whooping cough) may look like common cold or allergies.
 - Sneezing
 - Nasal discharge
 - Fever
 - Sore, watery eyes
- Coughing, violently and rapidly (not all will experience a “whooping” cough, particularly those vaccinated)
- Whooping cough can last up to 10 weeks and can lead to other health complications. Those with underlying health conditions are at higher risk of developing more severe illness such as pneumonia
- See your medical provider for evaluation of these symptoms, especially if they persist.



Vaccinations for adults.

- Any adult 19 years and older who have never received a dose of Tdap should be vaccinated.
- Adults should get a Tdap shot every 10 years.
- Talk to your medical provider if you are not sure when your last Tdap was.



What to do if exposed to pertussis:

- Contact your medical provider and let them know you have been exposed to a known case of pertussis.
- Monitor yourself for symptoms and seek treatment if you develop symptoms.



Reducing the risk of spreading pertussis (whooping cough) to others:

- Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.
- Cover your mouth and nose when you sneeze or cough.
- Stay home when you are sick or not feeling well.
- Stay up to date with recommended pertussis vaccinations.