

# Child Care Providers:



Protect  
Yourself,  
Protect  
Children  
from  
Whooping  
Cough!

## Whooping Cough is Serious

Whooping cough (pertussis) is a disease that spreads easily from person to person by coughing and sneezing. It can be very serious for babies and cause coughing spells that make it hard to eat, drink, or breathe. Hundreds of babies are hospitalized each year for whooping cough, and some die from it.

Many teens and adults don't realize they have whooping cough because their symptoms are mild. Some teens and adults will have severe coughing that leads to vomiting or broken ribs. Even worse, they can spread whooping cough to babies at home or in their care.

## Protect Yourself and the Children in Your Care

### Get Vaccinated

Everybody in the child care center should be vaccinated against whooping cough to protect themselves and children. The new Tdap vaccine, for teens and adults aged 11-64 years, includes a tetanus and diphtheria booster and also protects against whooping cough. Ask your doctor, nurse, or clinic if it's time to get your Tdap vaccination.

### Make Sure Children are Up-to-Date on Their Immunizations

Infants and toddlers need four shots to protect against tetanus, diphtheria, and whooping cough. They also need a booster shot before starting kindergarten.

### Cover Your Cough and Wash Your Hands

Whooping cough is spread by coughing and sneezing. Protect yourself and others from whooping cough:

- Cough and sneeze into your sleeve, instead of your bare hands.
- Wash your hands often with soap and water.

**Protect yourself. Protect children.**  
**Get Vaccinated!**



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Have questions?

Visit [www.doh.wa.gov/cfh/immunize](http://www.doh.wa.gov/cfh/immunize) or call the Washington State Immunization Program CHILD Profile at (866) 397-0337.