



# WHOOPING COUGH is on the Rise in New Mexico Protect Your Baby



## Babies Are Most At Risk

Whooping cough disease (also called pertussis) causes fits of coughing so bad that it is hard to breathe.

Cases of whooping cough (pertussis) are on the rise and newborn infants are the most vulnerable population. Many are hospitalized every year and some have died.

## Circle Your Baby With Protection – Cocooning

Whooping cough shots safely prevent the disease. But, your new baby is too young to get the shot, and is at risk for getting the disease from others.

To protect your baby, make sure that these people are up-to-date on their whooping cough shots:

- Anyone who lives with your baby, or
- Anyone who cares for your baby.

Protection from the disease fades with time. Make sure anyone 10 years of age or older get a booster shot, called Tdap, at least two weeks before they have contact with your baby.

## New Moms Need Whooping Cough Protection With A Tdap Vaccination

Babies most often catch whooping cough from a family member. By protecting yourself from the disease, you also protect your baby.

Ask your doctor for a Tdap shot. You can get it:

- Anytime during pregnancy, ideally between 27-36 weeks gestation.

Women should get a Tdap shot with every pregnancy. If you have not gotten your Tdap shot yet, get one before leaving the hospital with your new baby.

It's safe to get a Tdap shot while breastfeeding.

## Treat Whooping Cough Early

Call your doctor or your baby's doctor if:

- You or your baby are around someone with whooping cough or a bad cough, or
- You or your baby are sick

Early signs of whooping cough are mild, like a cold and can get worse quickly.



## Dylan's Story

Before Dylan was born, I was sick and had a bad cough. I coughed so hard that it caused contractions to start early. Dylan was born a healthy beautiful baby, and I continued to cough and it was hard to keep Dylan awake during feeding – the only sign of whooping cough he ever had.

Two weeks later, my son Dylan died of whooping cough that he caught from me. He was 17 days old. It is possible to prevent babies like Dylan from catching whooping cough.

Now I urge parents to vaccinate their children, and adults to get a Tdap booster. I don't want to see any family suffer the way mine has.

# Ask your provider about getting a whooping cough shot.



*"Adapted with permissions from the California Dept. of Public Health, Immunization Branch"*

[www.shotvshot.org](http://www.shotvshot.org)

[www.cdc.gov/pertussis](http://www.cdc.gov/pertussis)