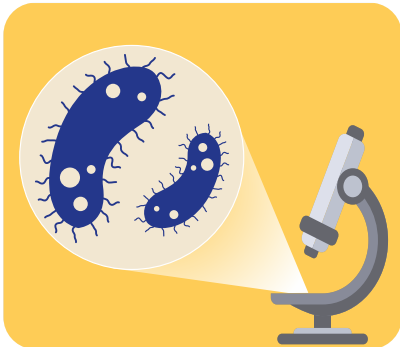




Whooping cough



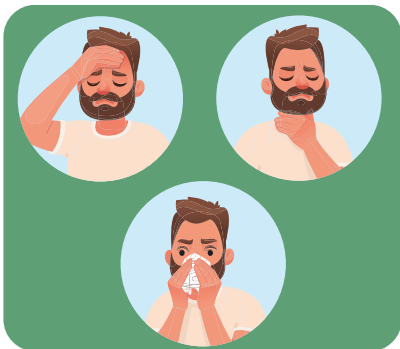
What whooping cough is



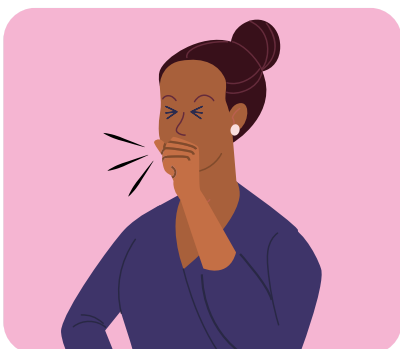
Whooping cough is an illness caused by a bacteria called pertussis.



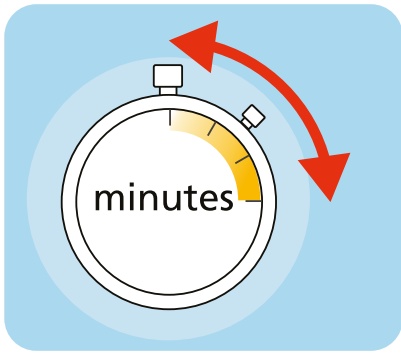
It spreads between people easily.



When you first get whooping cough, it feels like you have a cold.



After 1 or 2 weeks you get a cough.



You can cough for a few minutes at a time.



The cough can make it hard to breathe.

Some people make a 'whoop' sound between coughs.



Whooping cough can make babies very ill. It can cause a chest infection or brain damage.

Babies can even die from whooping cough.



Whooping cough is usually less serious for older children and adults. But it can make you feel ill.



The cough can last for several weeks.

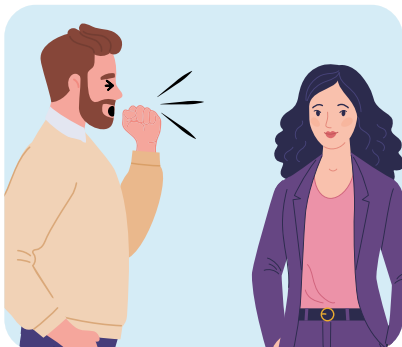


You can learn more about whooping cough on the NHS website.



Scan the QR code with your phone or visit: <https://www.nhs.uk/conditions/whooping-cough/>

How you get whooping cough



You can get whooping cough if you are close to someone who has whooping cough when they are coughing and sneezing.



For example, if someone you live with has whooping cough.

Treatments for whooping cough



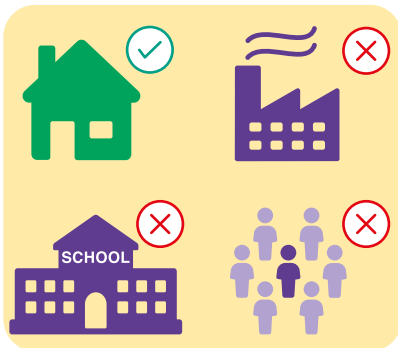
The treatments that you might be given for whooping cough depend on:

- how old you are
- how long you have had whooping cough
- if you are pregnant



Some people might be given antibiotics to help stop whooping cough spreading to other people.

If you are given antibiotics



If your doctor gives you antibiotics, you should not go to nursery, school or work for 48 hours after you start antibiotics (this is the same as 2 days).



Also, during this time try not to go near:

- babies who are less than 12 months old (this is the same as 1 year old)
- anyone who is pregnant
- health workers who work closely with babies or pregnant people
- childcare workers who work closely with babies who are less than 12 months old



This is because you can still spread whooping cough to other people for 48 hours after you start antibiotics.

You can go back to your normal activities 48 hours after you start antibiotics.

If you are not given antibiotics



If you have not taken antibiotics, you should not go to nursery, school or work for 14 days after you get a cough (this is the same as 2 weeks).



During this time also try not to go near:

- babies who are less than 12 months old
- anyone who is pregnant
- health workers who work closely with babies or pregnant people
- childcare workers who work closely with babies who are less than 12 months old



If you work closely with babies less than 12 months old or people who are pregnant, you should stay home from work for longer.

You should stay away from work for 21 days after you get the cough (this is the same as 3 weeks).



If you work closely with babies less than 12 months old or people who pregnant, you should also tell your manager if you have whooping cough.

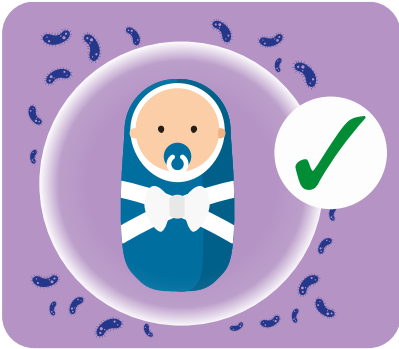
Whooping cough vaccine



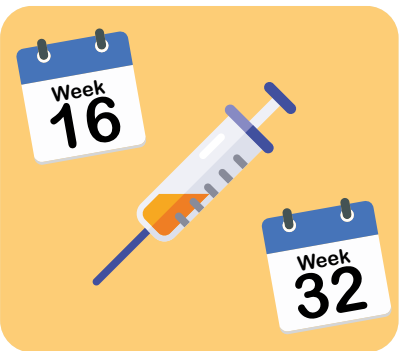
The whooping cough vaccine is an injection. It is the best protection from whooping cough.



It is very important to get the whooping cough vaccine if you are pregnant.



This protects your baby from whooping cough as soon as they are born.



You only need 1 injection of the vaccine. You usually get this when you are between 16 and 32 weeks pregnant.



Tell your midwife or doctor if you are 20 weeks pregnant or more and have not been offered the whooping cough vaccine.



Children get 4 injections of the vaccine.



They usually get injections 1, 2 and 3 when they are a baby (when they are 2, 3 and 4 months old).



They get injection 4 when they are about 3 years old.



If your child missed any whooping cough vaccine injections, tell your doctor.