

Fight Pertussis

(Whooping Cough)



Disease Transmission:
Airborne Droplets

It Starts With You

Pertussis is a respiratory infection caused by bacteria. It spreads easily when a sick person coughs or sneezes. Pertussis can be dangerous for babies, young children and people with weakened immune systems.

Signs and Symptoms:

- Runny or stuffed-up nose
- Low fever (less than 100.4F)
- Fatigue (low energy)
- Vomiting after coughing fits
- Trouble breathing
- Mild cough to severe coughing fits
- “Whoop” sound when breathing in

For information:

Talk to your healthcare provider or visit health.hawaii.gov



Get vaccinated. The pertussis vaccines provide the best protection against disease.

Cover your cough or sneeze. Avoid being around people who are sick with pertussis.

Wash your hands with soap and water or use hand sanitizer. Clean hands help prevent you from getting sick and spreading germs.

Stay home if you have pertussis, until you have taken **5 days of antibiotics**, or **3 weeks if NOT** taking antibiotics.

