



Whooping Cough (Pertussis)

Your child may have been exposed to this disease

If your child has symptoms, please contact your child's healthcare provider.

If my child has this disease, when can he or she return to school or child care?

Children with Whooping Cough may not return until they have taken at least 3 days of antibiotics. If a child with Whooping Cough did not receive antibiotics, he or she may not return to school until 21 days after the cough started.

Whooping Cough is an illness caused by bacteria.

At first, symptoms are:

- Runny nose
- Red, watery eyes
- Low grade fever (less than 100.4 F)
- Cough

After 1 to 2 weeks, the symptoms get worse. Thick mucus builds in the throat and can cause:

- Long coughing attacks
- The face may turn red or blue face when a child is not getting enough oxygen
- In young children you might hear a "whoop" sound when they breathe in air after coughing
- Vomiting after a coughing attack
- Periods of not breathing at all, especially in infants
- Extreme tiredness

Symptoms usually start 7 to 10 days after a person is exposed, but it can take as long as 20 days. Whooping Cough **can be a serious illness or fatal for infants** (younger than 1 year of age).

What can I do now?

If your child is not sick, watch for symptoms. If your child becomes sick, discuss this notice and your child's symptoms with the doctor. **All infants (younger than 1 year of age) and pregnant women who are in contact with an ill individual, and all people who live in the same household with an ill individual, should talk to their doctor about taking antibiotics to prevent getting sick.**

If your child gets sick, prevent others from getting ill by:

- Covering your mouth and nose with a tissue with you cough or sneeze.
- Putting used tissues in the waste basket.
- Washing hands frequently.
- Keep your child home until he has taken at least 3 days of antibiotics and can no longer spread the illness to others.

For more information, contact your health care provider, your School Nurse 619-258-2231, the San Diego County Health Department at (858) 694-3900, or visit: www.cdc.gov/pertussis/

