



PERTUSSIS FACT SHEET

What is Pertussis?

- Pertussis is a very contagious respiratory illness, commonly known as "whooping cough".
- Pertussis spreads from person to person typically by coughing or sneezing.
- After exposure it typically takes 5 to 10 days to show the first signs of being ill.

Symptoms

- Early symptoms include: runny nose, low-grade fever, and mild cough.
- After 1 to 2 weeks and as the disease progresses, symptoms include: coughing fits followed by a high-pitched "whoop" sound, vomiting during or after coughing fits, and exhaustion from coughing.
- Coughing fits due to pertussis can last for up to 10 weeks or more; some people know this disease as the "100 day cough".

Diagnosis and Treatment

- If you are ill or have been in close contact with someone ill, see your health care provider for testing, diagnosis, and treatment.
- There are several antibiotics available to treat pertussis. You may return to school, work, and other activities after completing five days of treatment.
- Preventative antibiotics may be recommended to close contacts of an ill person to help prevent the spread of disease.

Prevent the Spread of Pertussis



The best way to prevent pertussis is to get vaccinated



Cover your mouth when you cough or sneeze with your arm or a tissue



Avoid touching your face with unwashed hands



Avoid close contact with sick people



Stay home if you are ill



Wash your hands often with soap and water