

# How to Stop Your Baby from Getting Whooping Cough

## What is Whooping Cough?

Whooping cough is known as pertussis. It is a highly spreadable lung disease. Whooping cough causes uncontrollable and violent coughing which makes it hard to breathe. Someone with pertussis often needs to take deep breaths after coughing and “makes a whooping” sound. Sometimes adults and teens have a long lasting cough instead of the “whoop” sound when they are sick.

Whooping cough can affect people of all ages. **It can be very serious and even deadly for babies younger than 3 months old.**

## How do I protect my baby from whooping cough?

Babies can get their first whooping cough shot at 2 months old.

You can protect your baby – before they are 2 months – by getting the whooping cough shot when you are pregnant.

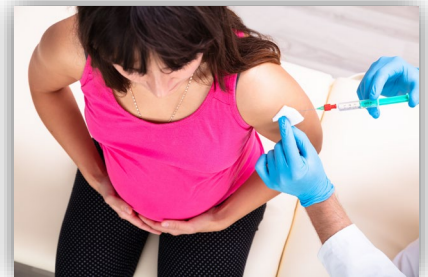
**You should get this shot in your third trimester of your pregnancy.**

It is best to get this shot during weeks 27 to 36 of your pregnancy.

We recommend getting it closer to the 27<sup>th</sup> week to give your body more time to pass the protection to your baby.

You’ll pass the protection (immunity) to your baby to keep them safe and healthy from this disease until they are ready to get their own vaccine at 2 months.

The best way to stop whooping cough is to get vaccinated.



You will need to get this shot between the 27 weeks and 36 weeks for **every** pregnancy.

## What is the whooping cough shot?

The whooping cough shot is called a Tdap vaccine. This vaccine protects you from tetanus, diphtheria, and pertussis.

Anyone that will be around your baby should get this shot too! Your family and friends can help protect your baby by getting this shot.



## Is the Tdap vaccine safe for me and my baby?

Yes, the whooping cough vaccine is very safe for you and your baby. This vaccine is safe if you are breastfeeding. You may be able to give your baby more protection through breastfeeding.

This vaccine doesn't put your pregnancy at risk for complications like low birth weight. You can't get whooping cough from the vaccine.

There are some mild side effects after you get the shot. These are:

- Redness, swelling, or pain where the shot is given.  
This will go away in a few days.
- Body aches.
- Headache.
- Tiredness.

This shot is safe to get on the same day as your flu shot.



## Resources

- Patient education materials from the Centers for Disease Control and Prevention: <https://www.cdc.gov/features/tdap-in-pregnancy/index.html> or <https://www.cdc.gov/pertussis/index.html>
- Frequently Asked Questions for Pregnant Women: <https://www.acog.org/-/media/Departments/Immunization/Tdap-Vaccine-Mailing/Tear-pad-FAQTDAP.pdf?dmc=1&ts=20170721T2008253451>
- Vaccine Information Statement about the Tdap Vaccine: <https://www.cdc.gov/vaccines/hcp/vis/vis-statements/tdap.pdf>

## Questions? Call us!

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Call us: 505-272-2245, Monday – Friday, 8:00am to 5:00pm