



WHOOPING COUGH (PERTUSSIS)

What is Whooping Cough?

Whooping Cough is a bacterial infection, which affects the respiratory system. It is also known as the '100 day cough' because of the long course of the illness.

How do you recognise it?

Whooping Cough usually starts with a runny nose and irritating cough lasting 1-2 weeks. This then develops into fits of coughing, which may end with vomiting, or with a 'whooping' sound. Complications can include pneumonia, ear infections, and symptoms related to the effects of coughing. It can be particularly serious in children under one year of age who are more at risk of serious complications including in very severe cases brain damage and death.

Can adults get Whooping Cough?

Adults and older children can also get Whooping Cough. Sometimes they do not get the classical symptoms of cough with whoop, but instead a persistent cough which can be worse at night.

How is it spread?

Whooping Cough spreads when someone with the illness coughs or sneezes, spraying droplets of fluid from the nose or throat.

How long is it infectious?

A person is most infectious in the early stage of runny nose and irritating cough. Without treatment they continue to be infectious until three weeks after the start of the fits of coughing. Antibiotic treatment shortens the contagious period. An infected person is no longer contagious from five days after the start of antibiotic treatment.

While they are infectious, people should stay away from school or work, and remain at home, avoiding contact with any new people particularly babies and pregnant women.

Vaccination

Regional Public Health advises all parents to ensure that their children are fully immunised against this disease. The immunisation is normally given at six weeks, three months, five months and a booster at 4 and 11 years of age. **Immunisation is free to all children.**

Can fully vaccinated children get Whooping Cough?

Yes, when there is a high level of infection in the community even fully vaccinated children can get whooping cough as the vaccines are effective in preventing illness in more than 80% of people. Vaccinated children may get a milder infection. To stop Whooping Cough circulating in the community we need a very high level of vaccination.

If you would like any more information regarding Whooping Cough, please contact the Regional Public Health Communicable Disease Team on ☎ (04) 570 9002

Websites for further information:

www.moh.govt.nz

www.imac.auckland.ac.nz