
National IHS Public Health Council

National IHS Public Health Council Advisory – Pertussis (Whooping Cough)

Pertussis/Whooping Cough cases are on the rise. The *Bordetella pertussis* bacterium causes the acute infection. It is transmitted from person to person through respiratory droplets, saliva, and mucus. Pertussis can cause serious illness in people of all ages but is significantly dangerous for babies.

Signs and Symptoms:

- The Common Cold, Fever, Runny or Stuffy Nose, Muscle aches/Fatigue
- Cough- “Whoop Noise” when someone grasps for air after a cough
- Difficulty breathing
- Many Babies with Pertussis cough don’t cough at all.
- Apnea- pause in breathing, struggle to breathe
- Vomiting or exhaustion after coughing

Preventive Recommendations:

- Get your DTaP (recommended for children younger than seven years old/ Tdap (recommended for older children and adults).
- Wash your hands frequently, use hand sanitizer, if available
- Vaccinate against the flu, COVID-19, RSV, and all other vaccine-preventable diseases

Treatment:

- Seek medical; the earlier someone seeks treatment, the better. Don’t wait to see if you are getting better or worse.
- Healthcare providers can choose an antibiotic that best suits the patient.

[About Whooping Cough | Whooping Cough | CDC](#)

Thank you for everything that you do each day!!!

dr C

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