



Be Wise — ImmunizeSM
Physicians Caring for Texans

WHOOPING COUGH

2013 WAS TEXAS' WORST IN 50 YEARS • 3,985 CASES • 5 BABIES DIED

Whooping cough is a **big problem** in Texas.

Whooping cough (pertussis) is an illness that can cause **horrible coughing, breathing trouble, and lung infection.**

Whooping cough spreads easily, especially to babies. **A shot can prevent it.**

Half of babies with whooping cough end up in the hospital. **Some die.**

EVERYONE NEEDS THE SHOT!

A baby with whooping cough usually catches it from a family member or caregiver. To protect newborns, everyone around the baby needs a whooping cough shot:

- ✓ Mom: *Get the shot during your third trimester of pregnancy to pass illness-fighting cells to baby.*
- ✓ Dad
- ✓ Brothers & sisters
- ✓ Grandparents
- ✓ Childcare workers
- ✓ Health care professionals

Get the shot at **least 2 weeks before being around a baby.**

PROTECT BABIES AS THEY GROW

Babies need whooping cough shots at 2, 4, 6, and 15-18 months, and at 4-6 years. Another shot is needed at 11-12 years.

FIND A VACCINATION

- ✓ Your doctor's office
- ✓ Pharmacy
- ✓ Call 2-1-1 to find clinics that offer free or low-cost vaccinations.



PROTECT YOUR BABY
FROM WHOOPING COUGH

www.texmed.org/BeWise

Sources: The Centers for Disease Control and Prevention, Texas Department of State Health Services
Be Wise — ImmunizeSM is a joint initiative led by TMA physicians and medical students, and the TMA Alliance. It is funded in 2019 by the TMA Foundation thanks to H-E-B, TMF Health Quality Institute, Pfizer Inc., and gifts from physicians and their families.

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TALK TO YOUR DOCTOR ABOUT PROTECTING YOUR BABY FROM WHOOPING COUGH.

TOS FERINA

TEXAS: 2013 FUE EL PEOR EN 50 AÑOS • 3,985 CASOS • 5 BEBÉS FALLECIDOS

La tos ferina es un **gran problema** en Texas.

La tos ferina (tos ferina) es una enfermedad que puede **causar una tos horrible, problemas respiratorios, y la infección pulmonar.**

La tos ferina se propaga o pasa fácilmente, especialmente a los bebés. **Un vacuna puede evitarlo.**

La mitad de los bebés con la tos ferina terminan en el hospital. **Algunos mueren.**

¡TODOS NECESITAN LA VACUNA!

Un bebé con tos ferina generalmente se contagia de un miembro de la familia o cuidador. Para proteger a los recién nacidos, todos alrededor del bebé necesitan una vacuna contra la tos ferina.

- ✓ Mamá: Ponte la vacuna durante tu tercer trimestre del embarazo para pasar las células que combaten la enfermedad al bebé.
- ✓ Papá
- ✓ Hermanos y hermanas
- ✓ Abuelos
- ✓ Trabajadores al cuidado de niños
- ✓ Profesionales de la salud

Ponte la vacuna **al menos 2 semanas antes de estar alrededor de un bebé.**

PROTEJAN A LOS BEBÉS MIENTRAS CRECEN

Los bebés necesitan vacunas contra la tos ferina a los 2, 4, 6, y 15-18 meses, y a los 4-6 años. Otra vacuna se necesita tiro a los 11-12 años.

ENCUENTRA UNA VACUNACIÓN

- ✓ El consultorio de su médico
- ✓ Farmacia
- ✓ Llame al 2-1-1 para encontrar clínicas que ofrecen gratis o vacunas de bajo costo.



PROTEGE A SU BEBÉ
DE LA TOS FERINA

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HABLE CON SU MÉDICO SOBRE LA PROTECCIÓN DE SU BEBÉ CONTRA LA TOS FERINA.