

Our Mission:

The partnership works to improve the health and well-being of central New Hampshire communities by collaborating to optimize prevention, access and coordination.

Our Vision:

We envision a time when public health in our community will be transformed into an integrated system capable of seamless collaborations among all healthcare providers and public safety personnel with constructive engagement of patients, families and communities. Through this integrated system, all people will have equitable access to timely, comprehensive, cost-effective, high quality and compassionate care.

CNHHP

*Central New Hampshire
Health Partnership*

Community Action Program,
Communities for Alcohol and Drug-Free Youth,
Genesis Behavior Health,
Mid-State Health Center,
Newfound Area Nursing
Pemi Baker Community Health &
Spere Memorial Hospital

Upcoming Tdap Clinics

Tuesday, August 13, 2013

Lin-Wood Junior/Senior High School
72 Linwood Drive
Lincoln, NH 03251
2pm - 6pm

Saturday, September 28, 2013

The Health Place
Boulder Point Drive
Plymouth, NH 03264
8am - 11am



Thanks to the Central New Hampshire
Medical Reserve Unit, 2159 for their
support on this project.

Please contact Donna Quinn with any questions:

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The Public Health Network of Central New Hampshire



Public Health
Prevent. Promote. Protect.

Information for a Healthy Life



Whooping Cough

The Public Health Network of Central New Hampshire



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A program of the

CNHHP

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Health Partnership*

Whooping Cough (Pertussis)

Whooping cough (pertussis) is on the rise in our communities. Learn what you can do to protect yourself and your family from getting this contagious disease.

Whooping cough spreads easily and can cause violent coughing fits that can last up to 10 weeks or more. It can be quite severe, even deadly, especially in babies younger than 6 months of age who are too young to be well protected by vaccines. We can help protect our babies by getting the Tdap vaccine ourselves, a shot that renews protection against whooping cough, as it is often spread to babies by adults and older children

WHAT IS PERTUSSIS?

Pertussis is a respiratory illness, commonly known as whooping cough. It is a very contagious disease caused by a type of bacteria called *Bordetella pertussis*.

WHAT ARE THE SYMPTOMS OF PERTUSSIS?

The disease usually starts with cold like symptoms, a mild cough or fever. As it worsens, pertussis can cause violent and rapid coughing, over and over, until the air is gone from the lungs and you're forced to inhale with a loud "whooping" sound. Younger patients have a greater chance of complications from pertussis than older persons. More than half of the infants who get the disease need to be cared for in the hospital and about one out of five will get pneumonia. Infants are also more likely to suffer from seizures or brain damage from lack of oxygen.

HOW IS PERTUSSIS SPREAD?

Pertussis is a very contagious disease and is spread from person to person. People with pertussis usually spread the disease by coughing or sneezing while in close contact with others, who then breathe in the pertussis bacteria. Many infants who get pertussis are infected by older siblings, parents or caregivers who might not even know they have the disease

HOW CAN PERTUSSIS BE PREVENTED?

Pertussis vaccines are safe and very effective at preventing illness. However, infants are not fully immunized until they are a year old. Because whooping cough is so harmful for babies, everyone around them needs to be vaccinated to create a "circle of protection". The Tdap (tetanus, diphtheria and acellular pertussis) vaccine is recommended for all adults, especially parents, grandparents and babysitters at least two weeks before coming into close contact with the infant to be sure they are protected. No vaccine is 100% effective, though, and so if pertussis is circulating in the community, there is a chance that a fully vaccinated person of any age, can catch this very contagious disease. However, if you get pertussis after you have been vaccinated, the infection is often less severe

Once a person is diagnosed with Pertussis, it is usually successfully treated with antibiotics.

HOW SHOULD PARENTS TO BE PROTECT THEMSELVES AND THEIR UNBORN CHILD?

Pregnant women should get the Tdap vaccine, later in pregnancy to maximize the amount of protection that is passed along to the newborn. If not vaccinated during pregnancy, the vaccine should be administered immediately postpartum before leaving the hospital with a newborn. By getting Tdap during pregnancy, maternal pertussis antibodies transfer to the newborn, providing protection before the baby starts receiving DTaP vaccines. Tdap also protects the mother at time of delivery, making her less likely to transmit pertussis to her infant.

See reverse side for a list of upcoming FREE Tdap clinics in your area

