

Think they're too old for immunizations? **Think again.**



Protect your kids and yourself from whooping cough!

Older children, teens, and adults need to get vaccinated against whooping cough (pertussis). It causes mild to severe coughing spells that can last for months and can make it hard for you to breathe and sleep.

Whooping cough spreads easily by coughing and sneezing. It can be serious for babies and they usually get it from parents, grandparents, brothers, or sisters who may not know they have the disease.

[**www.doh.wa.gov**](http://www.doh.wa.gov)

Get Tdap.

Tdap (tetanus, diphtheria, and pertussis) vaccine protects against whooping cough. One dose is recommended for everyone 11 years or older.

To attend seventh grade in Washington state, students 11 or older must show proof of Tdap vaccination.

As a parent, you may choose to exempt your child from the school Tdap requirement.

Know the risks: Your child won't have the best protection from pertussis, may be excluded from school during an outbreak, and will likely spread the disease to others if they get the disease.

Two pertussis vaccines for two age groups:

- **DTaP** (diphtheria, tetanus, and pertussis):
Children 2 months through 6 years old – 5 doses
- **Tdap** (tetanus, diphtheria, and pertussis):
Everyone 11 years and older – 1 dose

The vaccine is the best protection we have, but we also know that DTaP wears off. Older children, teens, and adults need the pertussis booster, Tdap, every ten years.

Ask your doctor or nurse about Tdap today!

www.doh.wa.gov

www.cdc.gov/pertussis



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