

# If you work in a health care setting...

It's time  
for your  
Tdap  
booster!



Now you can protect yourself against **whooping cough** with your next tetanus booster. There is a new Tdap vaccine recommended for health care workers.

## Protect Yourself

Health care workers are nearly twice as likely to get whooping cough (pertussis) as other adults. Whooping cough in adults causes coughing fits. In adults you don't hear the characteristic "whoop" sound toddlers make when they have the disease. But it can cause vomiting, broken ribs, and pneumonia, and coughing can last for months.

## Protect Your Family

If you have it, you can spread whooping cough to your family even if you don't feel sick. They could become seriously ill and miss work or school. Babies have the highest risk of getting sick and can die from whooping cough.

## Protect Your Patients

If you catch whooping cough from one patient, you could spread it to another.

Have questions?

Call the Virginia Department of Health, Immunization Division at 1.800.568.1929  
Centers for Disease Control and Prevention  
Hotline: 1-800-CDC-INFO (1-800-232-4636).

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DEPARTMENT  
OF HEALTH  
*Protecting You and Your Environment*