



# Winter

## Winter Play Time!

Except in extreme temperatures or severe conditions, we try to play outside everyday. Please be sure your child is dressed for outdoor play. This includes hats, gloves, snow pants and boots. Also please make sure your child has a complete set of extra clothes in their lockers.

If your child is well enough to attend daycare they are well enough to participate in all activities including playing outside!



Wishing all of our families near and far a very happy and healthy

NEW YEAR!!

## Upcoming Events!

Friday December 19th-

**Holiday Party with a visit from Santa!!**

### Brrr...it's Cold! What to Wear

Tips to keep kids warm & safe in winter

Dress in several thin layers

Kids need 1 more layer of clothing than adults

In car seats, make sure layers are snug, not bulky

Remember warm boots, mittens & a hat

Change out of wet clothes right away

For more tips, visit [HealthyChildren.org](http://HealthyChildren.org).

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# Whooping Cough (Pertussis): Symptoms, Treatment & Prevention

Whooping cough, or pertussis, is a highly contagious respiratory infection. It is caused by bacteria called *Bordetella pertussis*. The infection attacks the lining of the breathing passages. People can get whooping cough any time of year, but generally infections are seen in late summer and fall.

Symptoms of whooping cough vary based age, medical conditions and whether the child is vaccinated against the disease. A main sign is strong coughing. Between coughs, children take deep, fast breaths. This can create the high-pitched "whooping" sound that gives the illness its name. The cough of pertussis has also been called the "100-day cough" because it may last for months. Sometimes, the cough returns with future respiratory infections.

## WHY WHOOPING COUGH INFECTIONS ARE ON THE RISE

Many years ago, there were lots of cases of whooping cough each year in the U.S. However, after a vaccine for pertussis was developed, that number dropped.

During the COVID pandemic, most of us were taking steps to lower the spread of infections. For example, we stayed home, wore masks and washed hands often. This is one reason why the number of pertussis cases went down. Since then, the number of cases has risen again.

**As of November 2024, the number of whooping cough cases in the U.S. are roughly [6 times higher](#) than in 2023. While whooping is especially dangerous for young babies, it can make kids sick at any age. Outbreaks among adolescents have been reported in schools in several states.**

### Experts think there are a few [reasons](#) for the increase:

- The pertussis vaccine's protection may have faded over time. This means that people who had the vaccine a long time ago can get infected and spread it.
- The vaccine protects against severe disease, but not always against infection. So, people who are vaccinated can still spread the disease.
- Research suggests that the *Bordetella pertussis* bacteria might be slowly changing, making it harder for the vaccine to work as well.
- Many young children fell behind on vaccinations during the pandemic because of fewer doctor visits. Vaccination rates still have not returned to pre-pandemic levels. Because of this, it is especially important now for [children](#), [teens](#) and adults to get their whooping cough vaccine.



# SYMPTOMS OF WHOOPING COUGH IN CHILDREN

Whooping cough usually starts like a [common cold](#) and then gets worse after a week or two. Older children might make the "whoop" sound when they cough. This stage can last for two weeks or more. Your child might be short of breath and may have bluish or gray skin around their mouth. They may also tear, drool, or vomit.

Symptoms in [young infants](#) may be different. For example, they may not cough at all. Instead, they may struggle to breathe or just stop breathing. Some have vomiting after a long bout of coughs.

## IS WHOOPING COUGH DANGEROUS?

Infants under one year of age have the most risk of infection and serious problems from whooping cough. About a third of infants with this infection are hospitalized. The infection can cause babies to become tired and run-down. It can also make them more at risk for other infections, including [pneumonia](#) (lung infection), and other complications like [seizures](#).

Whooping cough can be very serious in some infants, but typically they start to recover after two to four more weeks. Older children and adults with whooping cough may have milder symptoms.

## When to call the pediatrician

Contact your pediatrician if you have concerns, such as:

- Your infant or child has not been fully immunized, and/or has been exposed to someone with whooping cough or who has a chronic cough.
- Their cough becomes more severe and frequent, they are struggling to breathe or their lips and fingertips become blue or gray.
- They become exhausted after coughing episodes, eat poorly, vomit after coughing and look sick.

## ANTIBIOTICS FOR WHOOPING COUGH

Whooping cough is treated with an antibiotic. The medicine works best when it is taken early in the illness, before the coughing spells begin. [The antibiotic](#) can stop the spread of the whooping cough infection, but it does not prevent or treat the cough itself.

Cough [medicines](#) do not relieve coughing spells, either. Your pediatrician can suggest other forms of [home treatment](#) to help manage your child's cough.

## WHEN CAN MY CHILD RETURN TO SCHOOL OR CHILD CARE?

Whooping cough is very contagious, which means that it spreads easily to others. Your child should stay home from [child care](#) or school at least until they have finished five days of antibiotics. Others in your household may also need to take antibiotics to prevent them from getting sick or spreading the disease even if they are vaccinated.

