



WHOOPING COUGH

COMMON CHILDHOOD AILMENTS

SYMPTOMS

Whooping cough is a respiratory infection. Children may have bouts of coughing and have difficulty breathing. When coughing they may make a “whoop” sound when breathing in. They may become red in the face and may produce a thick mucus.



INCUBATION

Whooping cough is very contagious and can spread easily. Children should not attend nursery or school. They can return, if well enough, after 48 hours of starting antibiotics. A person can be infectious for up to 3 weeks if not taking antibiotics. The cough may last for several weeks.



TREATMENT

Drink plenty of fluids to avoid dehydration.
Use soft tissues for the runny nose and use to cough into.
Keep a close eye on the child, if they appear to be getting worse, seek advice immediately.



TOP TIPS

If you suspect whooping cough in a baby under 6 months - seek advice straight away.
If you think your child is getting worse - seek advice straight away.



FURTHER SUPPORT



Go to 111.nhs.uk



Call 111



Remember, if in doubt, call 111