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WHOOPING COUGH



Virginia State Department of Health, Richmond, Virginia
1942

WHOOPING COUGH

Whooping cough is a highly contagious or catching disease. Very young babies have some resistance inherited from their mothers but it lasts only a short time and many fatal cases occur in babies less than a year old. All children may catch the disease unless they have already had it or have been protected with whooping cough vaccine, but they are not likely to have it more than one time in their lives.

Whooping cough is so dangerous to young children that at least ten per cent of cases less than four years old are apt to die. The very young are especially likely to have severe pneumonia while weakened by whooping cough.

Children catch it from other cases by breathing in the tiny droplets of infected mouth spray which are expelled into the air around the patients when they cough. They are most apt to spread the disease in the early stages before whooping begins and before it is recognized as whooping cough. Children always should be kept away from others with coughs or colds of any kind. Whenever whooping cough is known to be in the neighborhood parents should be especially careful to keep their children from being exposed to it.

Symptoms

About two weeks after exposure to a case, susceptible children show the first symptoms of their own attack. These usually are mild at first and the children continue to play with their friends and spread the disease among them. A dry, brassy cough appears, but there is little or no fever nor other alarming symptoms for a time. The cough persists and does not yield to the usual household remedies. In about ten days the nature of the cough changes to hard spells of coughing which gradually become more frequent and severe. The coughing spells are very exhausting and leave the child so out of breath that it frantically draws in a huge breath of air with the crowing sound that gives the disease its name. These paroxysms often cause the sick child to lose his food by vomiting; this loss of nourishment weakens him more and increases the danger of pneumonia and other complications.

Improvement begins after about four weeks. The paroxysms then grow milder and less frequent and the patient becomes interested in play again, though many weeks may pass before recovery is complete.

Why Whooping Cough is Dangerous

Even the sturdiest children find these symptoms distressing. Both the strong and the weak suffer grave danger from them. The violent and repeated coughing may overstrain and weaken muscles and tissues of the abdomen, break blood vessels, and injure the heart and lungs. The patient, due to his weakened condition, may get pneumonia germs from almost anyone with a cold or even from apparently healthy friends and relatives. Ninety per cent of the whooping cough deaths are from pneumonia. Hemorrhages, ruptures, infected ears and mastoiditis also are common complications.

Prevention and Treatment

Your physician can do much to keep your child from having whooping cough. If he already has it, the doctor can alleviate the symptoms, ward off complications and protect other children. Ask his advice about whooping cough vaccine, which usually prevents its development entirely or makes it much milder. Most babies should have the vaccine when they are about three or six months old to protect them during the dangerous first and second years because it saves life.

In the care of actual whooping cough cases, rest in bed is helpful in the early catarrhal stages as well as in the exhausting later stages. Rest saves strength and helps prevent complications. To maintain proper nutrition is essential though this, as already indicated, is made difficult by frequent vomiting of food. When vomiting occurs shortly after taking food the patient should be refed without waiting for a regular mealtime. It is better to offer frequent small servings of food, than to depend on regular meals that are not retained.

Though there are no special drugs or antitoxins for actually curing whooping cough, your physician's advice and the treatment he recommends will make things much safer and easier for the patient.

GOOD RULES

For Well Children

1. Keep children away from people with coughs and colds.
2. Consult your doctor about whooping cough vaccine.

For Sick Children

3. Keep your children and visitors from the sickroom.
4. Collect on paper tissue all mucus coughed up and destroy it by burning.
5. Use separate dishes for the patient and sterilize them after use by boiling.
6. Keep the patient's playthings in his bedroom.

REMEMBER, WHOOPING COUGH IS DANGEROUS!

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The
WHOOPING COUGH
GERM IS A
HITCH-HIKER

HE CAN TRAVEL
ON A COUGH
ON A SNEEZE
IN NOSE DISCHARGES
IN THROAT DISCHARGES
ON DISHES USED BY A
WHOOPING COUGH PATIENT

The only people who are reasonably safe are those who have been immunized or those who have had the disease.

REMEMBER:

Have your baby immunized against whooping cough, preferably at six months of age.
Keep your baby away from children who cough or have the sniffles because whooping cough is most catching before the "whoop" appears.
If you think your child might have whooping cough, put him to bed in a room away from anyone who has not had whooping cough; call the doctor and follow his advice.

STATE OF ILLINOIS
DWIGHT H. GREEN, Governor
DEPARTMENT OF PUBLIC HEALTH
ROLAND R. CROSS, M. D., Director
Educational Health Circular No. 38



LISTEN!
WHOOPIING
COUGH

Whooping cough is a contagious disease, dangerous at any age, but particularly apt to be fatal to children under one year of age.

A typical case is most catching before it can be recognized. It usually begins much like an ordinary cold, developing between 7-15 days after exposure. The child may have a slight fever, running nose, and the cold develops into a tight dry cough.

The cough deepens until the whoop occurs. The spasms of coughing may continue until the child vomits or until he sneezes and spits out a thick sticky plug of mucus.

In the typical case, the spasmodic coughing and vomiting may last from 3-6 weeks. The coughing weakens the child and it is often several months before he recovers his normal strength.

**IT IS DURING THIS PERIOD WHEN THE
CHILD IS WEAKENED THAT COMPLICATIONS
SUCH AS PNEUMONIA MAY DEVELOP.**

THE CASE WITHOUT A WHOOP

Sometimes the child never whoops, but he has the whooping cough germs in his nose and throat. He may spread the disease to other children.

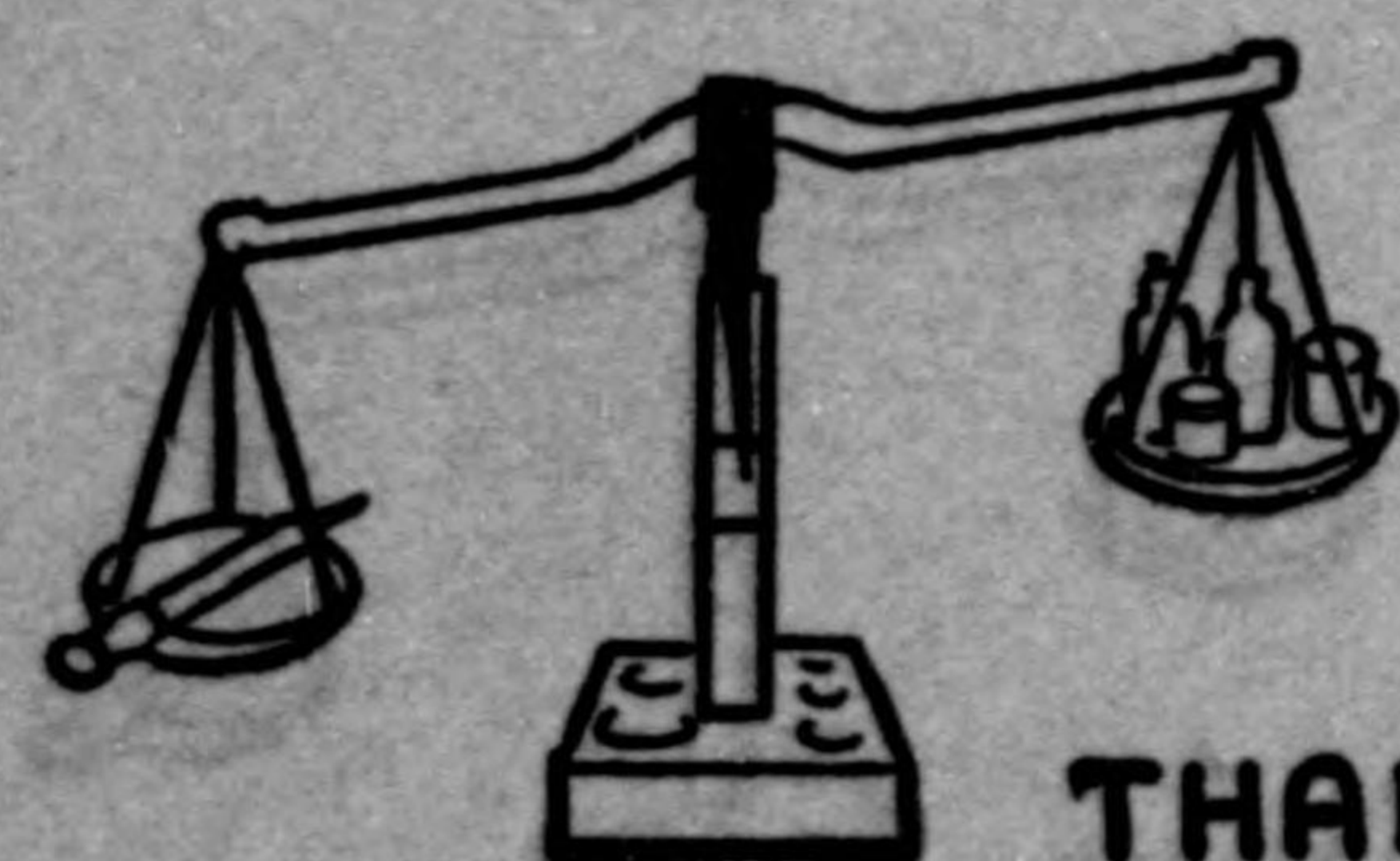
Whooping Cough is Serious!

It kills many babies in Illinois each year. Over 2/3 of all deaths from whooping cough occur among babies under one year of age.

Whooping Cough is Dangerous!

It weakens the body resistance and causes undernourishment due to vomiting. This paves the way for such complications as pneumonia and ear infections that may result in permanent deafness.

Whooping Cough Should Be Prevented!



AN OUNCE OF
PREVENTION
IS BETTER
THAN A POUND OF CURE.

Your family doctor will vaccinate your children against whooping cough. It is best to vaccinate babies at six months of age or older, but any child who has not had whooping cough may be vaccinated against it.

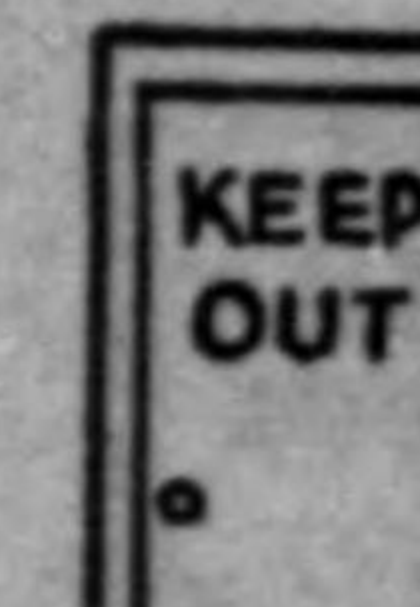
Do not wait until your child has been exposed before you have him vaccinated. It takes several months for immunity to develop.

**WHOOPING COUGH VACCINE MAY BE SECURED
BY ANY ILLINOIS PHYSICIAN WITHOUT CHARGE
FROM YOUR DEPARTMENT OF PUBLIC HEALTH.**

WHAT TO DO

if you think your child has whooping cough:

1. Put the child to bed. Allow no one who has not had whooping cough to come near him.
2. Call your doctor and follow his instructions carefully.



3. The germs of whooping cough may be spread in discharges from the nose and throat. Collect discharges in paper squares—soft toilet paper is good—place in a paper bag and burn.

4. Severe coughing spells are often followed by vomiting. The doctor will suggest what liquid or solid food you might give him to replace what he has lost.
5. When the child no longer has a fever, he may play in the fresh air and sunshine AWAY FROM OTHER CHILDREN. Be sure that he is well clothed, that he rests at intervals, and that he doesn't play too hard.
6. Under NO circumstances should a sick child be taken to any public gathering or on any public vehicle.



**KEEP ALL CHILDREN AWAY FROM THE CHILD WHO
HAS WHOOPING COUGH. THIS WILL PROTECT
THE WELL CHILD FROM EXPOSURE AND
LESSEN THE DANGER OF GIVING THE
SICK CHILD SOME OTHER DISEASE.**

WHEN IN DOUBT

Most cases of whooping cough are caught from playmates who are in the early cold stage. During the whooping cough season, every sign of a cold in a child should be regarded as a possible case of whooping cough until the doctor has proved that it is not.

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WHOOPING COUGH

PROTECTION

Immunization with injections of whooping cough vaccine usually will protect a child from this disease. It is thought best to vaccinate at from 3 to 6 months of age, but any young child who has not had whooping cough can be given the vaccine. It takes about four months for protection to develop when the vaccination is successful, but the protection lasts for several years. Some physicians use a combined whooping cough and tetanus toxoid. A triple combination which includes diphtheria toxoid, tetanus toxoid, and whooping cough vaccine is also sometimes used.

If a baby is exposed to whooping cough before he has been vaccinated, immediate temporary protection can be given with convalescent serum or a similar substance. One of these substances also may be used to make an attack of whooping cough less severe if the physician thinks advisable. If your baby develops signs of whooping cough, *call your physician at once.*

THE DANGER OF WHOOPING COUGH

Whooping cough is a highly contagious disease caused by the pertussis bacillus. Although anyone may have it, children less than

5 years of age are particularly susceptible, and the majority of deaths occur among those less than 2 years of age.

It is dangerous because an attack usually lasts for several weeks, during which the strength is severely taxed by persistent coughing and frequent vomiting. The child may become so run down that pneumonia or tuberculosis develops. In aged persons the heart may be affected.

Whooping cough begins from about 7 to 10 days (not more than 21 days) after exposure with a tight dry cough, a slight fever, running nose, and similar signs of a cold. The cough grows steadily worse and when the disease is at its height, the child may have several hard coughing spells a day. Often the cough ends in a whoop but sometimes the whoop is lacking. However, whooping cough is just as contagious in cases where the whoop seems to be lacking.

BUILDING UP STRENGTH

Special care is needed to restore lost weight and strength during an attack of whooping cough. The physician's instructions for keeping the child built up and for guarding against complications should be carefully followed. He may advise you

- ✓ to give the child simply prepared foods—for example, milk, soft-boiled or coddled eggs, cream soups, milk toast, custard and other simple desserts, cooked whole-grain or enriched cereals, fruit juice, and green-leaf and yellow vegetables. If vomiting is severe, small amounts of food may be given soon after a spell of coughing. Cod-liver oil or some other vitamin A and D preparation, if omitted during the acute stage, should be resumed as soon as possible during convalescence.
- ✓ to keep the child in bed as long as there is fever. If coughing is severe, improvement may be more rapid if the child is kept in bed all the time.
- ✓ to guard the child from catching colds or other diseases to which he is particularly susceptible because of lowered resistance. He needs fresh air and sunshine, provided he is shielded from drafts and wind. Overactivity and excitement are to be avoided.

Follow the rules or recommendations made by your public health officials for preventing the spread of whooping cough

METROPOLITAN LIFE INSURANCE COMPANY

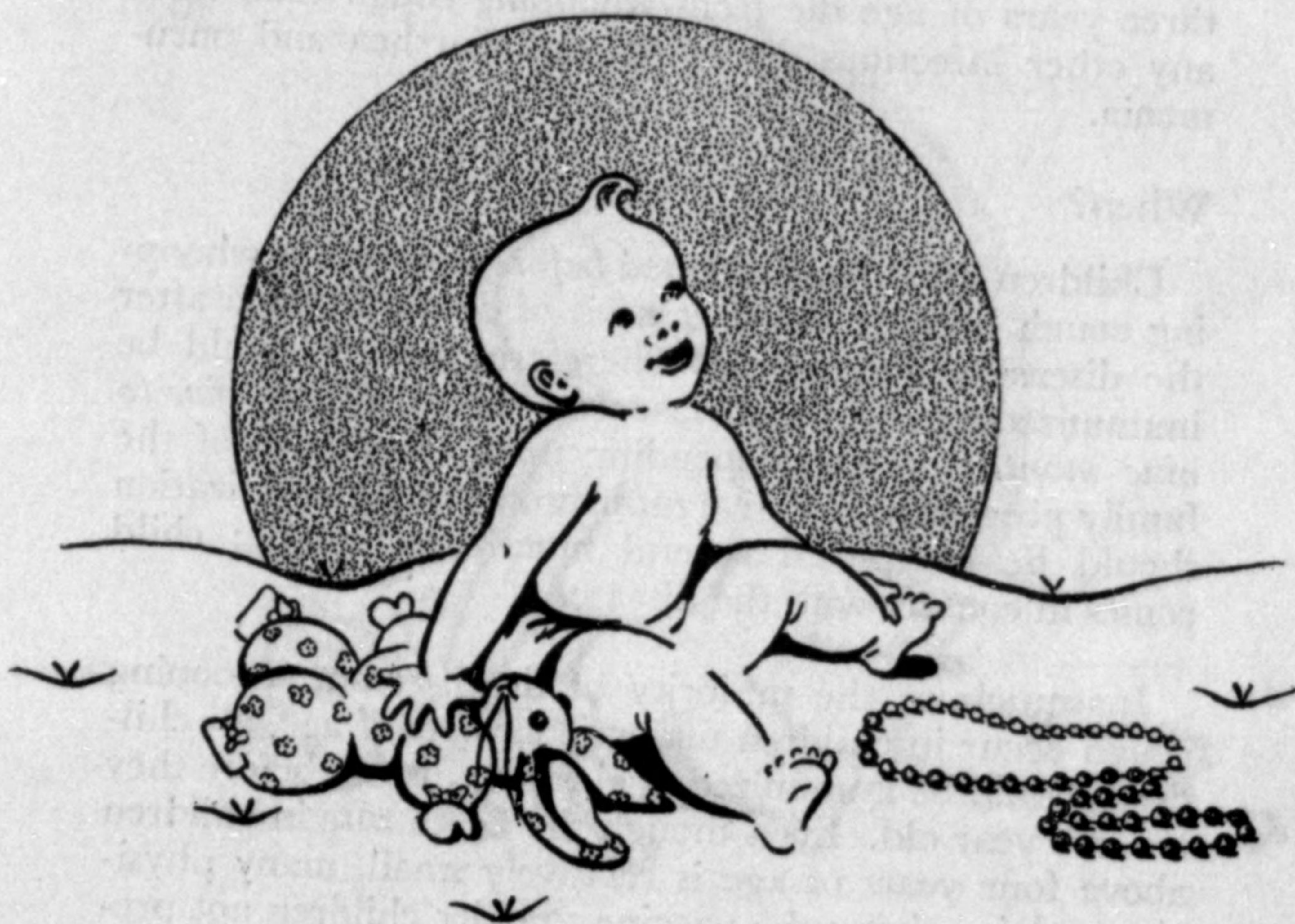
HOME OFFICE: NEW YORK

Pacific Coast Head Office: San Francisco

Canadian Head Office: Ottawa

D4

Protect Your Baby



Against Whooping Cough

Georgia Department of Public Health, Atlanta, Ga.

A.P. 10,036

D4

Protect Your Baby



Against Whooping Cough

Georgia Department of Public Health, Atlanta, Ga.

A.P. 10,036

Protect Your Child Against Whooping Cough

Why?

More children die from whooping cough than are killed and crippled by infantile paralysis. More children under three years of age die from whooping cough than from any other infectious disease except diarrhea and pneumonia.

When?

Children should be protected *before* exposure to whooping cough because the vaccine is of doubtful value after the disease is contracted. Therefore, infants should be immunized against the disease *when they are about five to nine months of age*, depending upon the advice of the family physician. To give most protection, immunization should be completed several months before the child comes in contact with the disease.

Inasmuch as the majority of deaths from whooping cough occur in children under four years of age, all children should be immunized against the disease before they are one year old. Even though the death rate in children above four years of age is relatively small, many physicians advise giving the vaccine to older children not previously immunized.

How Good is the Vaccine?

Whooping cough immunizations prevent the disease in about eight out of ten children. In all cases, immunization will reduce the severity of the disease and the child will be less likely to die.

If older children are protected by immunization they will be less apt to contract the disease and, therefore, less likely to spread it to their infant brothers and sisters.

Are Immunized Children Safe from the Disease?

Because the vaccine does not offer 100 per cent protection, immunized children are not absolutely safe from the disease. Parents should realize that it is very important to protect their children from exposure to whooping cough, regardless of whether or not the children have been immunized.

Keep children away from whooping cough cases.

How Many Doses of Vaccine are Needed?

Several doses of vaccine are usually necessary. Three to four months is generally required for the greatest protection to develop following the last injection.

How Long Does Protection Last?

It cannot be said with certainty that a child is protected for any particular period of time, but it is generally thought that immunization will protect partially or completely for about five years. Future work may show that the vaccine should be repeated.

Will It Hurt My Child?

The vaccine will not harm the child, but parents should know that mild reactions may occur in a few cases. The child may develop fever, nausea and even vomiting. These symptoms are of short duration and the child will usually have completely recovered from the effect of the vaccine in from 24 to 48 hours. It is much better for the child to have these mild symptoms than to contract the disease itself.

CONSULT YOUR PHYSICIAN

TABLE OF MORTALITY

Average Yearly Deaths in Georgia
from Selected Communicable Dis-
eases for Recent Five-Year Period

<i>Disease</i>	<i>Deaths</i>
Whooping Cough	141
Measles	89
Diphtheria	75
Infantile Paralysis	16
Scarlet Fever	11