



加州的百日咳感 染率日漸上升

保護您的寶寶

嬰兒患病的風險最高

百日咳（亦指強烈咳嗽）發作時可強烈到呼吸也困難。

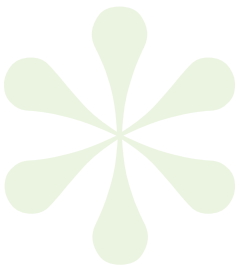
每年在加州，有數百名嬰兒因感染百日咳而須住院接受治療，而有些嬰兒更死於此病。

重重保護您的寶寶

百日咳預防針能安全地預防此疾病。但是，您的新生嬰兒因太年幼而不能接受疫苗注射。

因此，為了保護您的寶寶，請確保下列人士接受合時的疫苗注射：
任何與嬰兒一起居住的人士，或任何照顧嬰兒的人士。

防止疾病的效能會漸減低。請確保任何10歲或以上的人士，在與嬰兒接觸至少兩週之前，先注射強化劑，即稱為破傷風/白喉/百日咳混合疫苗。



與您的醫生談討接受百日咳防疫注射一事。

新任媽媽需要百日咳混合疫苗的保護

嬰兒通常從家人感染到百日咳。因此在保護您自己的同時，也可以保護您的寶寶。

請向你的醫生查詢有關百日咳混合疫苗注射。您可以在下列期間接受注射：

- 懷孕之前（最為理想）
- 懷孕期間或
- 生產之後

如果你還沒有接受種百日咳混合疫苗注射，請在與您的新生嬰兒離開醫院前，接受注射。

哺乳期間接受種百日咳混合疫苗注射是安全的。

盡早接受百日咳治療

如果出現下列情況，請致電您的醫生或寶寶的醫生：

您或您的孩子生病。百日咳的早期病徵是輕微的，就像患上一般感冒，但病況會瞬息驟變嚴重；
或者
您或您嬰兒身邊的人感染了百日咳，或有厲害的咳嗽。



迪倫的故事

在迪倫出生之前，我生病了並且有嚴重的咳嗽。我咳嗽得很厲害而引致子宮收縮及早產。迪倫出生時是一個健康漂亮的寶寶。但是，我在生產後持續咳嗽，而且在餵養迪倫的時候發覺他很難保持清醒－這是迪倫唯一的百日咳病徵。

兩個星期後，迪倫死於百日咳，而他是從我身上感染到此疾病的。他只有短短的十七天生命。要防止像迪倫一樣的嬰兒感染百日咳是可行的。我現在呼籲所有的家長讓他們的孩子接受百日咳疫苗注射，也呼籲成人接受種百日咳強化劑注射。我不希望看到任何家庭與我一樣受苦。

欲知道更多關於此疾病的個人故事，請瀏覽 www.shotbyshot.org





WHOOPIING COUGH is on the Rise in California Protect Your Baby

Babies Are Most At Risk

Whooping cough disease (also called pertussis) causes coughing fits so bad that it is hard to breathe.

Each year in California, hundreds of babies are hospitalized for whooping cough and some die.

Circle Your Baby with Protection

Whooping cough shots safely prevent the disease. But, your new baby is too young to get the shot.

To protect your baby, make sure that these people are up-to-date on their whooping cough shots:

- Anyone who lives with your baby, or
- Anyone who takes care of your baby.

Protection from the disease and the shots wears off. Make sure anyone 10 years of age or older gets a booster shot, called Tdap, at least two weeks before they have contact with your baby.

- Keep your baby away from sick people.

New Moms Need Tdap Protection

Babies most often catch whooping cough from a family member. By protecting yourself from the disease, you also protect your baby.

Ask your doctor for a Tdap shot. You can get it:

- **Before** you are pregnant (ideally),
- **During** pregnancy, or
- **After** giving birth.

If you have not gotten your Tdap shot yet, get one before leaving the hospital with your new baby.

It's safe to get a Tdap shot while breastfeeding.

Treat Whooping Cough Early

Call your doctor or your baby's doctor if:

- You or your baby are sick. Early signs of whooping cough are mild, and like a cold but can get worse fast; or
- You or your baby are around someone with whooping cough or a bad cough.



Dylan's Story

Before Dylan was born, I was sick and had a bad cough. I coughed so hard that it caused contractions to start early. Dylan was born a healthy, beautiful baby. But, I continued to cough and it was hard to keep Dylan awake during feeding – the only sign of pertussis he ever had.

Two weeks later, my son Dylan, died of pertussis that he caught from me. He was 17 days old. It is possible to prevent babies like Dylan from catching pertussis. Now I urge parents to vaccinate their children, and adults to get a Tdap booster. I don't want to see any family suffer the way mine has.

For more personal stories, go to www.shotbysot.org

Talk with your doctor about getting a whooping cough shot.

