

Dear Parents and/or Guardians of Dixie Elementary School Students:

School's back in session and you're already busy juggling new schedules. But did you know there's a whooping cough (also called pertussis) epidemic in California? Whooping cough can cause a violent cough at any age and can kill young babies.

Know how to protect yourself against whooping cough and **seek medical care promptly if you or anyone in your family might have whooping cough.** Whooping cough starts out like a common cold, and is often followed within days by severe coughing spells (young babies may not cough and disease can be milder in older children and adults). The disease can spread easily at school or home.

Fortunately, there's a vaccine to protect your children and family against whooping cough. You and your child may have been immunized between infancy and kindergarten. However, this protection wears off over time. California Department of Public Health recommends a booster shot for all children and adults 10 years of age and older to help prevent getting whooping cough, especially if there is a new baby at home now or coming soon. **Talk with your doctor about getting immunized!**

Please let me know if you have any questions

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