



Whooping cough information



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What is whooping cough?

Health New Zealand
Te Whatu Ora

This Easy Read is from
Health New Zealand Te Whatu Ora
about **whooping cough**.



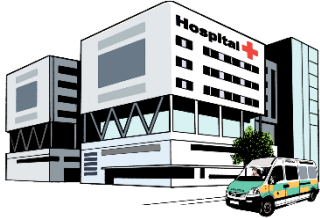
Whooping cough is:

- a illness anyone can catch
- a very serious / bad illness for:
 - babies
 - children.

Whooping cough is also called
pertussis.



People who catch whooping cough can get very sick.



Sometimes people who catch whooping cough have to go to hospital.



Sometimes people can die from whooping cough.

Health New Zealand
Te Whatu Ora

In this document Health New Zealand Te Whatu Ora will be called **Health NZ.**



Where it says **we / our / us** it means Health NZ.

How does whooping cough spread?



Whooping cough spreads easily between people / children by:

- coughing
- sneezing.



You can make it harder for whooping cough to spread by:

- covering your:
 - mouth when coughing / sneezing
 - nose when coughing / sneezing
- throwing away used tissues.





To help stop whooping cough from spreading after coughing / sneezing always:

- wash your hands well
- dry your hands well.



Symptoms of whooping cough



Symptoms are the things that happen to your body telling you if you have an illness like whooping cough.

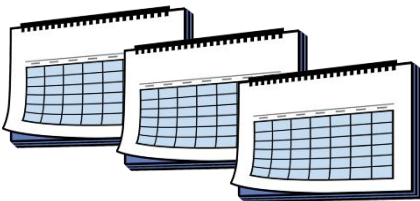


Whooping cough:

- makes it hard to breathe
- causes very bad fits of coughing.



You can have the cough for a long time like:



- weeks
- months.



You usually start feeling symptoms about 1 week after catching whooping cough.



You are most **infectious** the first few weeks after you catch whooping cough.



Infectious means when the illness can be spread to other people.



First symptoms

When you first catch whooping cough you may feel as if you have a cold.



First whooping cough symptoms can be things like:

- a blocked nose
- a runny nose
- sneezing
- coughing that lasts less than 30 seconds at a time
- a mild fever
- finding it hard to breathe.





Symptoms after 1 week

After 1 week whooping cough symptoms get worse like:

- you keep coughing for a few minutes
- your coughing makes you:
 - vomit
 - feel faint / lightheaded
- your coughing makes a whoop sound between breaths
- thick mucus / snot makes you want to vomit.



Thick mucus / snot can make babies do things like:



- choke
- stop breathing
- turn blue.

Getting support



If you think you / someone you care for has whooping cough **urgently** contact your:



- doctor
- healthcare provider.



Here **urgently** means you need to do something now to keep someone safe.



You can also **call Healthline** for free on:

0800 611 116



Healthline:

- gives you advice about health
- does not cost you money to call.



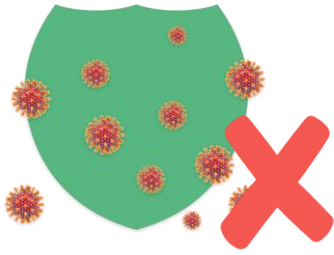
You can call Healthline any time during the day / night.



Your GP / healthcare provider may want to test you to find out if you have whooping cough.



You may be given antibiotics / medicine if you find out you have whooping cough.



Taking medicine will:

- kill the **bacteria** that causes whooping cough

and

- make it harder to spread whooping cough.



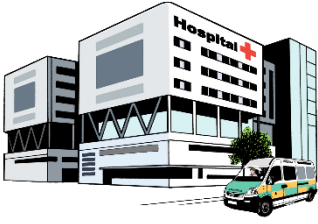
Bacteria are very tiny germs that can change how healthy you are.

Call 111 if you or someone you care for has any of these symptoms:



- feeling very ill
- finding it hard to breathe
- turning blue
- stopping breathing from coughing.





You can also go to your nearest hospital emergency department.

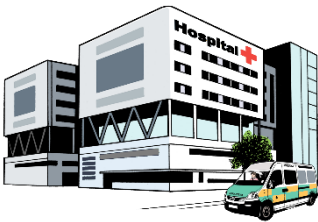
Advice for parents and caregivers



Whooping cough can be very serious / bad for babies / children.



About half of the babies who catch whooping cough will have to go to hospital.

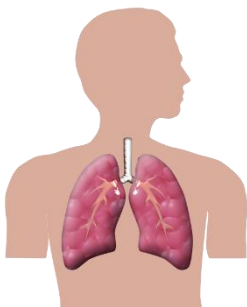
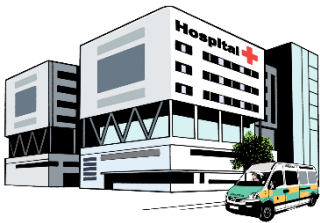


About 1 or 2 babies out of every 100 babies who go to hospital will die from whooping cough.



If a baby you care for catches whooping cough they may:

- not be able to feed properly
- not be able to breathe properly
- may stop breathing / turn blue
- become so sick they need to go to hospital
- develop serious health problems like:
 - **pneumonia**
 - brain damage.



Pneumonia is an infection in your lungs.

Vaccination is the best protection



Getting **vaccinated** supports your body to fight off illnesses.



Vaccinations are medicines that can stop you getting very sick from an infection / illness like whooping cough.

A vaccine helps your body to make **antibodies**.



Antibodies support your body to fight off infections like whooping cough.



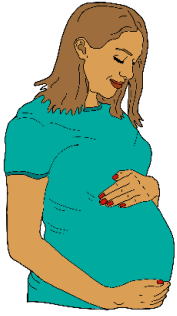
The Pertussis vaccination is an **injection** given in your arm by a doctor / nurse.



Here an **injection** is when someone like a doctor / nurse uses a needle to put a vaccine into your body.



Getting vaccinated is the best protection against whooping cough.



Getting vaccinated is very important:

- during pregnancy
- for babies
- for children.



Childhood vaccinations protect babies / children from getting things like whooping cough.

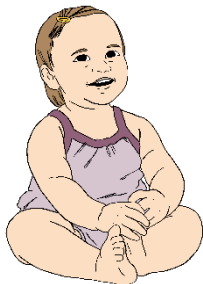


Babies need to get 3 doses of the whooping cough vaccine at:

- 6 weeks old
- 3 months old

and

- 5 months old.





People then need to get a **booster** dose of the whooping cough vaccine when they are:



- 4 years old
- 11 years old
- 45 years old



and

- 65 years old.



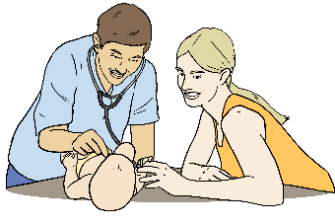
Here a **booster** is another dose of the vaccine to give you more protection from whooping cough.



The whooping cough vaccination does not cost money for:



- all children under 18
- some adults.



Whooping cough can make babies very sick.

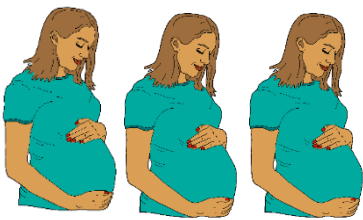


Babies under 12 months old can get very very sick.



Babies cannot get vaccinated until they are 6 weeks old.

Getting vaccinated during pregnancy protects the baby from whooping cough until it is 6 weeks old.



It is very important to get vaccinated during **each** pregnancy.

The vaccine:



- does not cost you money
- can be had from 13 weeks of pregnancy.



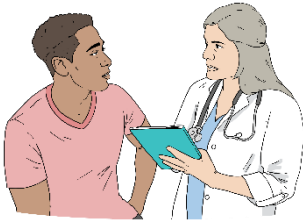
If you are not sure if you / your children have been vaccinated ask your:



- doctor
- healthcare provider.



It is important to know if your family is fully protected.



Talk to your GP / healthcare provider to:

- find out more about vaccinations
- make a time to get a vaccination.



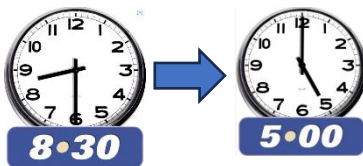
You can also **call** the Vaccination Helpline for more information on:

0800 28 29 26



The Vaccination Helpline is open:

- Monday to Friday
- 8.30 am to 5.00 pm.



It does **not** cost you money to call this number.

More information

Health New Zealand
Te Whatu Ora

You can find out more about booking a vaccine at our **website**:

info.health.nz/bookavaccine



You can find out more information about whooping cough vaccinations at:



info.health.nz/whoopingcough



You can also call Healthline anytime for free health advice on:

0800 611 116



It does **not** cost you money to call this number.



Healthline is open all the time.



This means you can contact Healthline:



- at any time of day / night
- any day of the week
- on public holidays.



Interpreter services are available at Healthline if you do not speak English as your first language.



You can also contact the Disability Helpline for disability support at Healthpoint.



You can contact the Disability Helpline by:

- **text:**

8988



- visiting their **website** at:

healthpoint.co.nz/disability-helpline

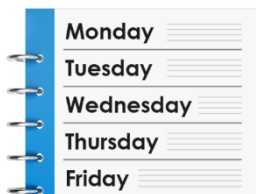


- **phone:**

0800 11 12 13

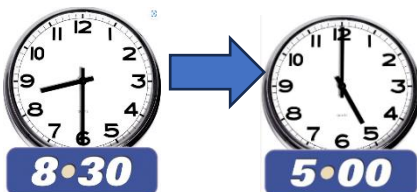


It does **not** cost you money to call this number.



The Disability Helpline is open:

- Monday to Friday



- 8.30 am to 5 pm.



If you find it hard to use the phone the **New Zealand Relay** service is for people who are:



- Deaf / hard of hearing
- deafblind
- speech impaired / find it hard to talk.



You can find out more about the New Zealand Relay service at:

www.nzrelay.co.nz

Health New Zealand
Te Whatu Ora

This information has been written by Health NZ Te Whatu Ora.

Make it Easy
Kia Māmā Mai



It has been translated into Easy Read by the Make it Easy Kia Māmā Mai service of People First New Zealand Ngā Tāngata Tuatahi.

People First NZ
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