

## A Series of Vaccinations: What to Know About Pertussis



In recent years, many diseases that were previously thought of as gone (such as whooping cough, measles, and chicken pox) have made a large resurgence due to the movement of anti-vaccination. Before vaccinations, these diseases were an expected part of childhood and had the potential to be disfiguring, mentally and physically disabling, or even fatal.

Today, everyone has the potential to pass on these diseases due to the number of people we interact with every day. By vaccinating yourself and those you care about, you can stop the spread of the deadly diseases, including ***Pertussis***.

**What is Pertussis?? Pertussis, also known as whooping cough, is a highly contagious respiratory disease. It is caused by the bacterium *Bordetella Pertussis*.**

### WHO SHOULD GET VACCINATED?

**Everyone!!**

Pertussis vaccines are recommended for people of all ages.

By vaccinating, you're not only protecting yourself and the people around you but also those who are vulnerable that you'll never meet!



### HOW CAN I PREVENT WHOOPING COUGH?

**Get vaccinated. Pertussis, or whooping cough, can be prevented with vaccines.**

So talk to your doctor!

#### **1940: Before Vaccines**

200,000 children were infected each year.  
About 9,000 died.

#### **2014: After Vaccines**

10,000–40,000 cases reported each year.  
Unfortunately there are about 10–20 deaths.

### WHY SHOULD I GET VACCINATED?

**Whooping cough has the potential to be fatal, especially with infants because of their undeveloped immune systems.**

Pertussis is known for uncontrollable, violent coughing which often makes it hard to breathe. Pertussis most commonly affects infants and young children and can be fatal, especially in babies less than 1 year of age.

# Rally to the Super Fruits!



What are the “super” fruits? Well, they don’t have capes, but they can definitely make you feel like a hero!



## **Super fruits are fruits that include the following:**

- antioxidants
- fiber
- vitamins and minerals

These can help you live longer, look better, **and** even prevent disease!

## **Some of the healthiest super fruits include:**

- Red Pepper
- Pumpkin
- Tomato
- Lemon
- Strawberry
- Winter Squash
- Orange
- Blackberry
- Cherry



## How to be super frugal about super fruits!

Groceries can cost more than you want them to, but buying fresh doesn’t have to break the bank:

- Know the season! Buy fruits when they’re in-season (during their peak harvesting period) so they’ll cost less.



- Check the date – and time! Coupons can be extremely handy or if you’re at the Farmer’s Market late in the day, try haggling for the last of the produce.



- Buy in bulk! This is a great approach if you have kids or others to feed besides yourself, and you don’t have to worry about storage because...

- Freeze it! Many fruits can be diced, sliced or chopped and frozen for later use, which cuts down on the waste.

If you have any questions, comments, or concerns about the topics in the newsletter, please let me know!

~ Ann Keidatz, R.N. B.S.N.

### SOURCES

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