



2 confirmed cases of the Whooping Cough have been reported at Mayo Clinic

Health System in La Crosse. That brings about 10 cases to the area total so far this cold and flu season. Even though the cases are from school children, Kelly Dickson with Mayo says pertussis can be found at your work as well. Not everyone, she says, follows the rules of using tissues and washing their hands.

[\(Click for Audio\)](#)

Dickson says there are six tips on dealing with coughing spells that apply to anyone being treated for pertussis at home. Those steps include: getting plenty of rest, drinking plenty of fluids, eating smaller meals, vaporizing the room, keeping the air clean, and preventing transmission.