

THE 2024 PERTUSSIS OUTBREAKS IN THE UNITED STATES: A CALL FOR INCREASED PUBLIC HEALTH PREPAREDNESS

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***Abstract:** Pertussis, also known as whooping cough, is an infection of the respiratory system, characterized by inflammation of the lungs and airways, and is caused by *Bordetella pertussis*. Studies suggest that pertussis is highly contagious, affecting around 90% of individuals exposed to the pathogen in the household and 50-80% of individuals exposed to it in schoolrooms. In 1934, the United States (U.S.) reported around 265,000 pertussis cases, which decreased to about 7,000 cases in 2023; however, the U.S. witnessed a five-fold increase in reported pertussis cases in 2024. Therefore, this paper outlines possible factors contributing to the surge in pertussis cases, lays out evidence-based effective approaches and preventive measures to curtail future pertussis and, possibly, other air-borne disease outbreaks, and provides ethical arguments for adopting the initiatives/changes recommended herein.*

***Keywords:** pertussis, whooping cough, *Bordetella pertussis*, vaccine hesitancy, waning immunity, disease surveillance, and public health funding.*

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INTRODUCTION

Throughout history, the spread of diseases has shaped societies, thus impacting nations, and sometimes the world at different levels (economics, culture, education, etc.).¹ The Black Plague of the 14th century, which claimed at least a third of Europe's population at the time, the HIV/AIDS pandemic, which has claimed around 42.3 million lives as of 2023, and the 1918 Spanish Flu, which claimed anywhere between a low estimate of 17.3 million and a high estimate of 50-100 million lives, are three of many pandemics that have yielded disastrous human, societal, financial, and geopolitical impacts on different countries throughout the past millennium.^{2,3,4,5}

With advancements in medical equipment, strides in medical research, and investments in vaccine development, concerns over uncontrolled disease outbreaks have remained minimal. Data-driven contact tracking, disease surveillance programs, diagnostic screenings and other tools/programs have been in place to help mitigate unexpected disease spreads that would disrupt everyday life. Regardless, the response to the COVID-19 pandemic has reflected international unpreparedness to navigate disease outbreaks and other public health emergencies.⁶

Ever since the onset of the COVID-19 pandemic in the United States (U.S.) in March 2020, concerns over the U.S. public health preparedness have made headlines, with health professionals and scientists calling for reforms to the U.S. public health response to disease spreads.⁷ Among the major concerns of the U.S. public health response to the COVID-19 pandemic were inadequate digital infrastructure for data-driven responses, region-specific disparities in capabilities among different health departments, disinvestment in the public health sector, delayed roll-outs of diagnostic tests, inconsistent guidelines on prevention, and insufficient guidance on how to alleviate the disproportionate impacts on high-risk populations.^{6,7} Although these shortcomings manifested during the pandemic years, they had been cultivating throughout pre-pandemic years.⁷

Capturing the exact death toll of the COVID-19 pandemic is difficult, given an ineffective early response and relaxed testing rate resulting in many positive cases having their underlying cause reported as other than COVID-19.⁸ As of June 2025, COVID-19 has claimed 1,299,590 lives in the U.S., with studies suggesting excess deaths.⁹ In fact, one study estimated the occurrence of 649,411 excess deaths (82.9% tied directly to COVID-19) in the U.S. between March 2020 and February 2021.⁸ Besides exorbitant death tolls, the COVID-19 pandemic is estimated to have yielded a toll of \$14 trillion on the U.S. economy, largely because of mandatory business closures, changes in consumer behavior, and government stimulus packages, among other causes.¹⁰

Although the COVID-19 pandemic has been curtailed, the U.S. constantly faces threats of disease outbreaks, with hundreds reported and investigated yearly.¹¹ Among the recently reported outbreaks that merit concern are pertussis, otherwise known as whooping cough, outbreaks, which have made headlines after the number of pertussis cases in the U.S. in 2024 (35,493) exceeded those in 2023 (7,099) by over five-fold.^{12,13} This sudden surge in pertussis cases raises a red flag, hence serving as a case in-point to identify shortcomings in the U.S. preparedness to future disease outbreaks.

Therefore, the purpose of this paper is three-fold: first, to provide a short overview of pertussis, second, to identify inadequacies in the U.S. preparedness to disease outbreaks (specifically pertussis), and third, to propose evidence-based approaches to reduce the severity of future outbreaks.

MEDICAL PERSPECTIVE

What is Pertussis?

Pertussis is an upper respiratory tract infection caused by *Bordetella pertussis*, but some milder cases have been linked to *Bordetella parapertussis*.¹⁴ Both *B. pertussis* and *B. parapertussis* are gram-negative and aerobic coccobacilli, but the latter causes milder symptoms than the former.¹⁴ *B. pertussis* is an air-borne pathogen that is transmitted through respiratory droplets (released by coughing or sneezing), but unlike *B. parapertussis*, affects only humans.^{14,15} Infection occurs as the pathogen adheres to the ciliary lining of the respiratory epithelial tract, thus inducing inflammation of mucosal lining.¹⁶ Invading *B. pertussis* would release toxins, such as the pertussis toxin and tracheal toxin, which would harm the mucociliary lining, causing mucus buildup in the respiratory tract and thus the characteristic post-cough “whoop” sound as the infected individual attempts to clear his/her airways.¹⁷

Epidemiology

Ranked among the most rapidly spreading vaccine-preventable diseases, pertussis (highly contagious) affects around 90% of individuals exposed to its etiological agent in the household and 50-80% of individuals exposed to it in schoolrooms.¹⁸ Pertussis has a predilection to children as 38% of positive cases involve infants younger than 6 months of age and 71% involve children younger than 5 years of age; moreover, neonates and infants are at the greatest risk of developing grave complications.^{16,18} However, adolescents and adults can contract it.¹⁶

In 1922, the U.S. reported around 107,473 pertussis cases.¹⁸ In 1934, 265,000 confirmed cases, associated with around 10,000 deaths, were reported, marking the highest annual numbers of confirmed pertussis cases in U.S. history.^{18,20} In 1948, DTP – a vaccine for diphtheria, tetanus, and pertussis – became widely available, and was associated with a drastic decrease in the annual numbers of pertussis cases – down to about 14,900 in 1960.²⁰ Between 1968 and 1992, reported cases remained below 5,000 annually, with an annual average of 2,900 cases between 1980 and 1990.^{20,21,22} However, in the past three decades, the U.S. has witnessed a cyclical pattern of pertussis resurgence as cases peak every few years, with the highest peak since 1990 occurring in 2012 (48,277 cases).²⁰ In 2024, the pre-pandemic incidence rates of pertussis persisted, with the U.S. reporting 35,493 cases – an over five-fold increase from the 7,099 confirmed cases in 2023.^{12,13,20}

Signs and Symptoms

Pertussis onset may occur after an incubation time of 5-10 days following exposure to the pathogen; however, that incubation time may stretch for as long as 21 days.^{23,24} Signs and symptoms of pertussis can be classified into three distinct phases: (1) catarrhal, (2) paroxysmal, and (3) convalescence.

The catarrhal stage spans across the first one-to-two weeks of infection and manifests in cold-like symptoms – low grade fever, intermittent mild cough, runny nose, and apnea (reported in infants).^{21,25}

The paroxysmal stage, during which patients exhibit symptoms characteristic of pertussis, can begin one week following infection and last until six weeks (ten weeks, in some cases). Patients report paroxysmic attacks, which consist of rapid violent coughs, followed by a “whoop” sound as the patient’s body attempts to expel mucus from the respiratory tract, and then possibly bluish coloration because of poor oxygen circulation in bloodstream.^{21,25} Patients may also experience exhaustion and post-cough vomiting causing dehydration and/or malnutrition.²⁶ On average, a patient reports experiencing 15 paroxysmal attacks per 24 hours, increasing in frequency in the first one-to-two weeks, stabilizing for another two weeks, and then slowly improving afterward.²⁵

Oftentimes, the infection remains localized to the respiratory tract; however, patients may present with systemic symptoms such as dysregulated insulin secretion, lymphocytosis, and altered neurological function (e.g.

fainting and seizures).²⁶ Other side complications can include hernias, weight loss, urinary incontinence, lung collapse, rib fractures, and nose bleeds, with the more severe complications observed in infants.²⁵ In fact, almost one-third of patients with pertussis younger than one year are hospitalized, with 1% of those hospitalized passing away.²³

During the third stage, called convalescent stage, patients recover slowly, with paroxysmal attacks disappearing within two-to-three weeks. However, patients may report paroxysmal attacks if they develop respiratory infections within months of their pertussis infection.²⁵

Diagnostic Measures

Given the abovementioned signs and symptoms, patients presenting with a persistent cough on par with paroxysmal attacks should be tested for pertussis.¹⁶ Pertussis cases can be confirmed using nasopharyngeal cultures, polymerase chain reactions (PCRs), or serology.²⁷ Acquiring nasopharyngeal cultures is the most common practice in emergency departments.^{27,28} Another popular diagnostic tool is testing samples obtained through swabbing using PCRs – a measure known for its relative speed.²⁷ Serology is also resorted to, as it offers more accurate outcomes for patients later in their disease stage.²⁷ The three tests vary in their timing with the favored time for using cultures, PCR, and serology respectively being 1-2, 3-4, and 2-8 weeks after coughing begins.²⁷

Treatment Measures

Treatments may vary depending on age and symptom severity. Hospital admission is recommended for infants younger than 12 months of age and for patients who present with co-morbidities of pneumonia, hypoxia, feeding difficulties, and disruptions of central nervous system functioning.¹⁶ Given that neonates are unvaccinated and maternal antibodies against pertussis acquired in-utero do not offer them the immune protection needed, they must be admitted to a neonatal intensive care unit.²⁹

Antibiotics are commonly administered to patients with pertussis to eliminate *B. pertussis* from the respiratory tract. Antibiotic administration earlier in the disease stage can help attenuate pertussis symptoms, with the Centers for Disease Control and Prevention (CDC) recommending antibiotic treatment up to 6 weeks post cough-onset in infants and pregnant women.^{30,31} Patients ages 12 months and older should receive antibiotics within three weeks of the cough's onset; otherwise, the antibiotic effect is minimal.²⁹ However, the recommended administration start-point, duration and type of antibiotic vary depending on the patient's age.¹⁶ Preferred antibiotics are erythromycin, clarithromycin, and azithromycin, but the choice of antibiotic must be determined based on a burden/benefit analysis.³¹ Use of erythromycin and azithromycin in infants younger than 12 months of age is associated with infantile hypertrophic pyloric stenosis, leading to vomiting and thus dehydration and malnutrition. However, the benefits of dampened paroxysmal attacks outweigh the unintended side-effects, justifying the cautious use of macrolides.³¹ Trimethoprim-sulfamethoxazole is resorted to in macrolide-allergic or resistant patients, but its use is recommended for infants ages 2 months and older.^{16,30,31}

Alongside antibiotic-administration, patient isolation is recommended, as pertussis is communicable in the catarrhal stage and three weeks into the paroxysmal stage.^{30,32} Patients with pertussis must also remain isolated for 5 days after the start of antibiotic therapy.³³ Furthermore, supportive treatments may be required, depending on symptom intensity. Nasal feeding, avoidance of respiratory irritants, and suctioning may be needed, especially in neonates and infants who are at greater risks of asphyxiation.^{16,30} In addition, severe complications of pertussis may necessitate intravenous administration of pertussis immunoglobulins, mechanical ventilation in the event of persistent apnea or respiratory failure, administration of pulmonary vasodilators to resolve pulmonary hypertension, and hyperleukemia treatments.³⁰

Besides treating patients, household members and close contacts must also undergo prophylactic treatment, especially when patients are still neonates or infants. Close contacts must receive antibiotics, such as trimethoprim-sulfamethoxazole, precautionarily.^{16,30}

With regards to pertussis vaccine-induced immunity, the vaccine schedule involves four doses of DTaP vaccines at 2, 4, 6, and anytime between 15 and 18 months of age, followed by a fifth dose anytime between 4 and 6 years of age.³⁴ Older adults should then get a dose of tetanus, diphtheria, and acellular pertussis (Tdap) vaccine at 11-12 years of age, followed with a booster vaccine every 10 years.³⁴ Also, pregnant women are advised to get vaccinated with Tdap vaccine, preferably 27-36 weeks into the pregnancy.^{16,34}

SUSPECTED FACTORS BEHIND SURGE IN PERTUSSIS CASES

1) Case Under-reporting

Among the mounting concerns behind the surge in pertussis cases is inadequate surveillance and case reporting that results in deflated incidence rates and thus misinformed decision-making among public health professionals. While the CDC acknowledges underreporting of pertussis cases, a study estimates that as low as 1 in 10, or even 1 in 20 pertussis cases is reported.^{35,36} Using common pertussis symptoms, a machine-learning model estimated that the prevalence of pertussis is 110-fold higher in adolescents and adults in the U.S. than is reported.³⁷ Several reasons lie behind the suspected underreporting.

First, non-severe cases of pertussis may present symptoms typical of other diseases, especially in adults who may display only prolonged coughing, without the other pertussis-specific symptoms.³⁸ Therefore, healthcare providers may not suspect pertussis and thus not order the appropriate diagnostic tests. Without testing, the underlying pertussis cause of a case would remain unknown.

Besides no testing, untimely testing can contribute to the inaccurately low case count. Nasopharyngeal swabs, which constitute the gold standard, are highly specific (capable of identifying pertussis-negative cases); however, their sensitivities (capacities to identify pertussis-positive patients) are high within the first two weeks of the paroxysmal stage, after which they decrease.^{27,39} Decreased sensitivity would then contribute to higher rates of false-negative results (i.e. positive cases going unnoticed).³⁹ With regards to PCRs, they are highly sensitive but variably specific.²⁷ A PCR test can be used for up to four weeks since the start of the paroxysmal stage, after which bacterial DNA concentration decreases as a result of the body's immune response. The lower DNA concentration would render PCRs less reliable, thereby increasing the risks of false negatives.³⁹ Serology tests, although best to use 2-8 weeks into the paroxysmal stage, yield variable results, largely because of antibody titer levels varying depending on vaccination status, previous exposure, and other factors.²⁷ Furthermore, some commercially sold serology tests haven't shown clinical efficacy.²⁷ Therefore, untimely testing increases the risk of false negatives, thus leading to epidemiological numbers unreflective of the realistic prevalence of pertussis.

2) Inadequate Surveillance Among Adults

Another phenomenon that contributes to underreporting is the disproportionate focus on pertussis incidences in neonates, infants, and children as compared to adults. One study suggests that only 1 in 10 adult pertussis cases is identified as opposed to 8 in 10 child cases.⁴⁰ Furthermore, studies suggest that the actual pertussis incidence rate among adults significantly exceeds that reported cumulatively in databases or to health authorities such as the CDC.^{41,42}

The under-identification of pertussis in adults may be the result of patients presenting with respiratory comorbidities such as chronic obstructive pulmonary disorder (COPD) which would complicate a diagnosis, leading healthcare providers to overlook pertussis as a severe flare-up.⁴³ In fact, patients with COPD are susceptible to developing pertussis.^{44,45,46} However, misdiagnosing pertussis as other respiratory conditions may delay pertinent testing and possibly result in a false diagnosis altogether.^{47,48} Also, adults experience longer delays in diagnoses than

younger populations, with the average pertussis diagnostic delay increasing from 5.6 days for patients 2 years of age and younger to 13.9 days for patients 18 years of age and older.⁴⁹

3) Waning Immunity & Asymptomatic Transmission

Another suspected contributor to the multifold increase in pertussis cases is waning immunity among the general population, which, in turn, results in a weakened herd immunity.⁵⁰ DTaP and Tdap offer individuals immunity, but that immunity decreases in effectiveness within years following the vaccine shot. The waning immunity has been ascribed to the acellular nature of DTaP and Tdap, which can possibly hinder the vaccine-induced mucosal immunity.⁵¹ Studies have suggested that acellular pertussis vaccines' effectiveness decrease annually. One review has reported the initial vaccine effectiveness at 91% following the five DTaP childhood-series doses, with an annual decrease of 9.6%.⁵² Vaccine effectiveness of the DTaP and Tdap series following the Tdap booster at 11-12 years of age was estimated at 85%, with an annual decrease of 11.7%.⁵² Another study has found that pertussis vaccine effectiveness decreased from an average of 98.1% in its study participants during the first year following the fifth DTaP dose (administered at ages 4-6) to an average of 71.2% within 60-83 months following the fifth DTaP dose.⁵³ Lower vaccine effectiveness is further complicated by vaccine-driven selective pressures that have resulted in the emergence of pertactin-deficient *B. pertussis* in the United States, European countries.^{54,55}

Furthermore, studies indicate that the acellular pertussis vaccines induce a shorter-lasting immunity than whole-cell pertussis vaccines, thus offering weaker immunity against nasopharyngeal colonization.⁵⁶ The weak mucosal immunity may lead vaccinated individuals to asymptotically carry and transmit pertussis, further weakening the herd immunity.⁵⁷ In one study, 80% of participants (ages 18-45; vaccinated with acellular pertussis vaccines within 5 years of the study) experienced pertussis colonization of the nasopharyngeal tract upon being inoculated nasally with *B. pertussis*, but only a few of them reported minor symptoms, in alignment with the concept of asymptomatic infections with *B. pertussis*.⁵⁸ A systematic review yielded that 55.6% of all PCR-positive pertussis patients included in studies are asymptomatic and reported seven different studies reflecting transmission patterns indicative of asymptomatic pertussis.⁵⁷

4) Vaccine Hesitancy

Another likely contributor to the resurgence in pertussis cases is vaccine hesitancy, a phenomenon which can be observed when guardians/patients delay or refuse vaccinations in spite of the vaccines' accessibility.⁵⁹ Studies have demonstrated associations between vaccine hesitancy and the development of pertussis. In fact, a systematic review has reported gradual increases in the likelihood of developing pertussis in children as the number of vaccine doses they received decreased.⁶⁰ This is further exacerbated given a decrease in vaccination rates among kindergartners from around 95% in the 2019-2020 academic year to less than 93% in the 2023-2024 academic year.^{61,62}

In addition, nonmedical vaccine exemptions correlate to increases in pertussis cases, with one study identifying overlaps between regions with clusters of pertussis cases and those with clusters of nonmedical vaccine exempt individuals.⁶³ This is significant given that kindergartners with exemptions from one or more vaccines increased from 3.3% to 3.6% in the U.S. between the 2023-2024 and 2024-2025 academic years.⁶¹

Aside from exemptions, delayed vaccinations constitute rising concerns as one study shows as low as around 48% of commercially insured and 14% of Medicaid-insured children receiving the five DTaP doses in a timely manner.⁶⁴

Also, maternal vaccine hesitancy has been linked to an increased risk of developing pertussis in infants, as maternal vaccination offers immune protection to infants 3 months of age and younger.⁶⁰

5) Public Health Funding Cuts

For decades, inadequate funding has been a primary contributor to deficient public health responses, with the response to COVID-19 serving as a prime example.⁶ In 2018, only 2.5 cents for every dollar spent on health was allocated to public health, with only 1.5 cents being reserved for population-level public health matters.⁶⁵ Also, the public health expenditures needed to maintain all Americans' health is about \$32 per person, yet the expenditures in 2019 were about \$13 short.^{66,67} The spending gap results in diminished public health maintenance capabilities, including negatively impacted policy development, community surveillance, community partnerships, and other services.⁶⁷

For about two decades, decreased public health funding has resulted in shrinkage of the public health workforce, with state, county, and municipal health agencies reporting 26,000 less employees in 2020 as compared to 2009.⁶ As such, the total number of epidemiologists, contact tracers and other employees directly involved in controlling disease outbreaks decreased.⁶ Moreover, a 2019 National Association of County and City Health Officials (NACCHO) report noted that about 64% of U.S. health departments resort to non-preparedness and non-response staff to respond to public health issues – evidence of an insufficient workforce despite health departments serving as front-line barriers against disease spreads.⁶⁸

Even after the COVID-19 pandemic, public health underinvestment remains an issue. The Public Health Emergency Preparedness (PHEP) is a CDC-run program that was established in 2002 and which funds state, local, and territorial health departments to mount timely responses to public health crises; however, PHEP's 2024 budget was \$265 million short of the recommended \$1 billion.^{69,70} In addition, under-funded public health agencies are not as equipped to collaborate with different sectors to initiate swift and adequate responses to public health crises, including disease outbreaks which can worsen into an epidemic.⁷¹ Lastly, CDC expenditure on health promotion and disease prevention in 2024 is less than what it spent in 2015.⁷¹

Given the abovementioned underinvestment in public health and the associated ramifications, inadequate public health budgets have been regarded as a possible contributing factor to the surging pertussis cases, hindering the proper and sufficient allocation of resources to pre-emptively fight pertussis outbreaks.

EVIDENCE-BASED APPROACHES TO RESOLVE POTENTIAL SHORTCOMINGS

1) Addressing Vaccine Hesitancy:

Despite ranking among the leading concerns of public health officials worldwide, vaccine hesitancy is fortunately an attitude that can change in response to different factors such as vaccine risks, perceptions of the magnitude of the disease threat, and the vaccine under consideration.^{72,73} Therefore, healthcare providers can play a role in reversing the rising vaccine hesitancy trends.

1.a. Presumptive, Comprehensible & Transparent Language

Presumptive language, which assumes that a person is already willing to take up what is being mentioned, is one approach physicians can utilize to increase vaccine uptake.⁷⁴ One cross-sectional observational study reported parents being about 17.5 times more likely to refuse vaccinations for their children if the pediatric provider used participatory as compared to presumptive language.⁷⁵ Another observational study noted a significant 94% of parents consenting to vaccinate their children against influenza when providers used presumptive language compared to just 28% of parents when providers brought up vaccinations in a participatory manner.⁷⁶ Furthermore, the vaccination discussion format influences the immunization timeline of children, with a participatory format being associated with children being under-immunized for 10.1% longer than children in the presumptive format.⁷⁷

Another possible intervention is physicians resorting to transparent language that better enables guardians/patients to make a well-informed decision regarding vaccine uptake. In fact, one study in Germany reported that a third of its participants had grown in skepticism of COVID-19 vaccines primarily because of

incomprehensible and inconsistent communication by scientists and politicians;⁷⁸ participants were concerned with the communications lacking a full disclosure of uncertainties and possible risks regarding the COVID-19 vaccines.⁷⁸ By contrast, the same study reported that the use of full transparency (including about uncertainties and possible harms) decreases vaccine uptake short-term but also significantly increases the public's trust in public health authorities, which is paramount in mounting an effective response to future outbreaks/epidemics/pandemics.⁷⁸

Furthermore, physicians and other health professionals should employ more easily understandable, plain language that accommodates for the different educational backgrounds of the diverse patient populations in a community. One study has reported that the use of “nontechnical” language while refuting common misunderstandings about the mechanism of action and mild side-effects of COVID-19 vaccines significantly reduces vaccine hesitancy and concern over short-term effects as compared to individuals in the control group that didn't receive any information/clarifications.⁷⁹ This finding may reasonably translate to cases involving pertussis vaccines. Furthermore, a study in South Korea suggests that individuals who find spoken vaccine information hard to interpret are more likely to refuse vaccination than those who find it easier to understand.⁸⁰

1.b. Motivational Interviewing

Physicians can also employ motivational interviewing – a counseling technique that utilizes social and cognitive psychology to encourage change in a patient's health status, including ambivalence to vaccinations.⁸¹ Motivational interviewing is based on partnership, acceptance (respect for client), compassion and evocation.⁸²

In a medical context, *partnership* refers to the need for the physician and patient to collaborate to reach the end goal intended for the latter.⁸¹ *Acceptance* involves respecting the patient's values, views, concerns; this acceptance depends on four major fundamentals: (1) affirmation – reinforcing a patient's self-confidence by bolstering his/her positive characteristics, (2) accurate empathy – actively pursuing a better understanding of the patient by placing oneself in the patient's shoes, (3) autonomy support – acknowledging the patient's right to coercion-free autonomous decision-making, and (4) absolute worth – recognizing the patient's inherent dignity as a human being.⁸¹ Furthermore, *compassion* relates to prioritizing the patient's best interest, and *evocation* involves better understanding the patient's attributes (e.g. strengths, weaknesses, values, etc.).⁸¹

In terms of communication, motivational interviewing incorporates skills, such as asking open questions, affirming, reflectively listening, and summarizing, which align with person-focused communication.⁸¹ Therefore, motivational interviewing fosters the development of a strong relationship between healthcare providers and patients/caregivers, which is conducive to a more fruitful conversation regarding the importance of vaccine-induced immunity while also leaving patients/caregivers with room to freely express their concerns and fears.⁸³ Also, motivational interviewing encourages patients/caregivers to properly weigh the actual risks and benefits of receiving the vaccine under question.⁸³

Although data about the effectiveness of in-person vaccination discussions is not definitive, there is increasing evidence supporting the effectiveness of motivational interviewing approaches.⁸² One study reported that children (2 years of age and younger) whose parents received an educational strategy involving motivational interviewing in maternity wards were 9% more likely to be completely vaccinated than the children whose parents did not undergo the motivational interviewing-based educational session.⁸⁴ Another study involving a different motivational interviewing-based tool reported significantly higher inactivated influenza and haemophiles influenzae type b vaccination rates among children ages 0.5–6 years and 0–18 months (respectively) whose parents were subject to the motivational interviewing-based tool compared to those whose parents were not.⁸⁵

Motivational interviewing-based approaches have also proven effective in community pharmacies, with one study reporting a 33% annual increase in vaccinations at community pharmacies the year the motivational interviewing-based intervention was implemented.⁸⁶ The same study reported increases in vaccination rates for four of the five vaccines included in the study's design.⁸⁶ Moreover, in a study in which safety and vaccine efficacy were two of the top caregiver concerns, 61% of patients (ages 18 and above) received vaccination or declared interest in

receiving vaccination after an in-person motivational interviewing discussion with a pharmacist.⁸⁷ This is significant provided that about 89% of Americans live within a 5-mile radius from a pharmacy.⁸⁸

1.c. Community-based Educational Initiatives and Events

Community-engagement may also help in alleviating vaccine hesitancy, as studies have shown that community and workforce educational interventions can change people's positions on vaccines. For example, one study included a series of virtual and in-person educational seminars aimed at better informing personnel at Wright-Patterson Air Force Base on mRNA-based COVID-19 vaccines.⁸⁹ Before the seminars, 98.8% of participants had not received the first COVID-19 vaccine shot.⁸⁹ After the seminar, 36% of participants who reported vaccine hesitancy pre-seminar declared openness to getting vaccinated.⁸⁹

Furthermore, community initiatives that involve vaccinated individuals encouraging family, friends, and even acquaintances to get vaccinated might help reduce vaccine hesitancy. In one study, vaccine conversation cards were distributed to recently vaccinated adults.⁹⁰ Two weeks later, 51% of respondents reported using the conversation cards to initiate conversations with unvaccinated individuals and 41% of them reported handing the card to an unvaccinated family member or friend.⁹⁰

Vaccine champions and peer ambassadors can also help combat vaccine hesitancy, whether in high-income or low- and middle-income regions. Vaccine champions are individuals who are well educated on vaccines, passionate about boosting vaccination rates, well-trusted, and might hold leadership positions in their communities or workplaces.⁹¹ Vaccine champions may conduct community vaccine-awareness sessions, have personal conversations with individuals reticent to get vaccinated and/or consent to vaccinating their children, and even visit the houses of unvaccinated individuals in certain communities and cultures.^{91,92}

In a study on the effectiveness of vaccine champions, COVID-19 booster uptake increased from 41% to 83% of community members after vaccine champions' community discussions in Fiji.⁹³ Likewise, another study reported that vaccine champions, who educated unvaccinated individuals, contributed to an increase in COVID-19 vaccine coverage from 10% to 22% in a small community in Tanzania in a little over a month and then to 94% about three-months post-intervention.⁹²

By comparison, a study in the U.S. reported influenza vaccine uptake significantly increasing from 41% of participants in a control group lacking a vaccine champion to 52% of participants engaging with a vaccine champion.⁹⁴ Furthermore, a U.S. national survey study yielded that 49% of surveyed primary care physicians regard the vaccine champions they are closest to as highly effective at improving vaccination rates.⁹⁵

1.d. Greater Social Media Presence to Combat Mis/disinformation

Mis/disinformation on vaccine efficacy and side effects have been propagated on social media platforms, sparking vaccine hesitancy among the public. In fact, several studies attest to the negative impacts exposure to mis- and/or dis-information on social media can yield on people considering getting vaccinated.⁹⁶ One modeling study suggests that online exposure to misleading COVID-19 vaccine information contributed to about 750,000 people refusing vaccination between February and August 2021.⁹⁷ This mass vaccination refusal may have contributed to about 29,000 additional cases of COVID-19 and around 430 deaths.⁹⁷ Another study reports similar associations between misinformation and vaccine hesitancy, as 6.2% and 6.4% of participants in the United Kingdom and U.S., respectively, no longer identified with "definitely take vaccine" category after getting exposed to misinformation.⁹⁸ This is alarming, considering the National Assessment of Adult Literacy yielding that only about 12% of U.S. adults have proficient medical illiteracy.⁹⁹ Therefore, proper intervention in response to vaccine hesitancy requires a fight against mis- and dis-information.

Social media interventions against vaccine hesitancy can assume different forms. Vaccine promotion on university campuses is one avenue, with one study reporting the use of yard signs, posters, and social media posts on

a college campus increasing administered HPV vaccine doses by 75% compared to the year prior.¹⁰⁰ Another possibly effective social media intervention is fact-checking. One study that employed text-based refutations reported participants viewing misinformation as less credible than participants not exposed to the refutations.¹⁰¹ The reported benefits were short-term, so further studies on the long-term effectiveness are still required.¹⁰¹ Nonetheless, one concern is that the intended effect behind refuting misinformation varies in effectiveness depending on how aligned the misinformation is with the audience's worldview.¹⁰¹

1.e. Prebunking Training

Despite the recent technological advancements, fact-checking abilities are limited and cannot address all misinformation propagated on social media platforms; therefore, training individuals to spot misinformation is needed. Prebunking is one intervention which can be defined as priming people to identify misinformation before they encounter it.¹⁰² One study on the effectiveness of prebunking in reducing vaccine hesitancy reported that inoculated individuals (i.e. individuals who have been exposed to tenuous misinformation) are more likely to identify vaccine-related misinformation, to refrain from spreading false information, and to get vaccinated.¹⁰³ Furthermore, a study conducted by researchers at Cambridge University reported that people who engaged with a "Bad News" online game that enabled its players to function as producers of fake news regarded misinformation as less credible.¹⁰⁴ Particularly, there were significant decreases in how reliable study participants regarded misinformation that involved impersonation, conspiracy, blame deflection, political polarization, fake tweets, and fake headlines.¹⁰⁵

2) Addressing Waning Pertussis Immunity & Asymptomatic Transmission:

With a waning immunity, the desired herd-immunity may not be attained at a given point in time, which poses increased risks of infections in communities. This is further exacerbated with the vaccine coverage encompassing only about 31.7% of adults in the U.S. in 2017.²² Therefore, it is recommended that health authorities place greater emphasis on individuals receiving Tdap boosters every 10 years.¹⁰⁶ Moreover, increasing vaccine access may help strengthen herd immunity, with one study suggesting that children whose providers offer free vaccines are more likely to get vaccinated than children whose providers don't offer free vaccines.¹⁰⁷ Additionally, healthcare professionals employing vaccination reminders (e.g. phone calls, SMS, post-cards, and letters, among other means) have been shown more successful in increasing vaccination uptake.^{108,109,110} Moreover, patient education coupled with vaccination reminders is more effective at increasing Human Papillomavirus Vaccine (HPV) uptake than patient education alone; these findings may translate to DTaP/Tdap vaccine uptake.¹¹¹

3) Addressing Surveillance Shortcomings:

In the past, inadequate disease surveillance – slow case identification, tracking, and lax reporting – has led to delayed public health responses, which have been associated with avoidable harms to the public.

As of August 2025, the CDC-run National Notifiable Diseases Surveillance System (NNDSS) is the most used disease detection software – gathering disease-related data from local, state, and federal health departments across 60 jurisdictions that include the 50 states and 5 U.S. territories.¹¹² NNDSS compiles information on about 120 diseases, which are deemed notifiable by a joint decision of the CDC and the Council of State and Territorial Epidemiologists (CSTE).¹¹² NNDSS data is gathered by 3,000 public health departments that then provide that information to 60 specific public health departments, which in turn relay the information to NNDSS.¹¹²

Despite the wide coverage of NNDSS, the surveillance system presents with some shortcomings, namely that it is based on passive reporting – relies on voluntary physician reporting for accuracy.¹¹² Subsequently, NNDSS data may not match realistic data on diseases that are historically under-reported, because of either the patient's symptoms mimicking those of other diseases or the patient being asymptomatic, among many other possible scenarios.¹¹² Furthermore, NNDSS has shown variable data completeness and timeliness rates across states and

jurisdictions.^{113,114} Factors contributing to this variability include differences in diagnostic abilities and resources, public and professional awareness of the diseases under investigation, and even differences in case definitions over time.¹¹⁴

Given the aforementioned shortcomings of NNDSS, the CDC's Emerging Infections Program established the Enhanced Pertussis Surveillance (EPS) – a system that is built off NNDSS infrastructure but that is dedicated only to a robust surveillance of pertussis cases – in 2011.¹¹⁵ EPS and NNDSS share common features, such as being population-based systems, adopting the same case definitions as determined by NNDSS and CSTE, and relying on positive diagnostic results from laboratories or healthcare providers who issued the diagnoses.¹¹⁵ However, EPS and NNDSS differ in many aspects.

While NNDSS is designed to capture a wide range of notifiable diseases, EPS is intended solely for pertussis surveillance.¹¹⁵ Going off NNDSS foundations, EPS offers enhanced case reporting, detection, and reliability, which is made possible through the additional personnel and the resources employed toward educating healthcare providers to properly and timely test for pertussis.¹¹⁵ Furthermore, EPS personnel and investigators are tasked with ensuring data reports are accurately completed.¹¹⁵ Plus, EPS case reports include more variables than NNDSS forms to better capture necessary supplemental information, hence allowing healthcare professionals and health departments to better answer pertussis-related epidemiological questions.¹¹⁵ Also, EPS dedicates resources to effectively and maximally collect *B. pertussis* isolates and clinical samples routinely, as to better track what new strains are emerging and circulating among a given population in a given region.¹¹⁵

Studies have highlighted differences in effectiveness between NNDSS and EPS, with one study reporting EPS yielding significantly higher data completeness rates for many demographic and health variables than NNDSS.¹¹⁵ The higher completeness rate enables epidemiologists and other researchers to accurately track the distribution and prevalence of disease in a given region. Moreover, a surveillance study in Spain has reported the incidence rate of pertussis among older children and adults as being notably higher when employing enhanced surveillance as opposed to passive surveillance.¹¹⁶

In brief, the pertussis-focused EPS is more effective at rendering an accurate picture of an outbreak's spread and severity. However, EPS is operational in only seven states in the U.S., with the remaining states still relying on NNDSS as their primary pertussis tracking system.¹¹⁷

ETHICAL PERSPECTIVES

The recent outbreaks of pertussis within the U.S., as exemplified by the sudden spike of cases in recent years, pose pertinent moral challenges to be tackled from the lens of critical public health duties, rights of the person, and community and societal health impacts. This section discusses ethics frameworks impacting public health systems of preparedness and response, encapsulating key areas such as vaccine hesitancy and reluctance, vaccine access equity, and moral authority for the protection of vulnerable populations.

The values of equity and fairness drive the moral responsibility of public health professionals providing for the community's health. With increases in pertussis cases, particularly among susceptible groups of people such as infants and the elderly, there is an increasing need to curtail the spread of the disease through interventions, while also guaranteeing the equitable coverage of prevention services such as immunization.^{118,119} In regards to the ethical standard of distributive justice, healthcare facilities should be allocated on an equal basis and the most susceptible or marginal groups of people, such as those residing in impoverished neighborhoods or vaccine-averse communities, should be provided with sufficient help because they are likely to be at a high risk of contracting the infection.^{119,120}

There is an ethical obligation for public health professionals to use successful public health interventions and specific communication interventions for vaccine uptake in high-risk groups.^{121,122} This comprises culturally appropriate educational interventions capable of eliminating myths and generating community trust in immunization efforts. An example of this includes the application of presumptive language in reference to vaccinations, which

would increase uptake substantially and be in concordance with the ethical obligation to promote public health and simultaneously protect vulnerable babies too young to opt themselves into getting vaccinated.¹²¹ A major factor for ethical practice in public health also necessitates long-term interventions capable of tackling inequality and propelling vaccination not as an individual issue of health choice but as a social issue of responsibility.¹²³ Vaccine hesitancy constitutes a consistent contributor in the cases of the reported pertussis outbreaks, with evidence to blame non-medical exemptions for pertussis return.¹²⁴ The moral risk of vaccine hesitancy is high, as it does compromise the health of the individual on an individual basis and frustrates herd immunity, which is necessary for the protection of people who are unable to get vaccinated. There is an ethical obligation on the part of public health professionals to assist, highlight and overcome causal factors responsible for vaccine hesitancy through respectful discussion and community participation.^{125,126}

By utilizing techniques such as motivational interviewing or active listening, healthcare practitioners can efficiently address vaccine-hesitant parents. This moral framework respects the autonomy of an individual yet simultaneously guides them to evidence-informed decision-making through intense risk-benefit analyses of vaccines.¹²⁵ An open questioning of the guardian's/patient's misunderstandings and fears allows public health officials to provide evidence-based information to encourage vaccine uptake and ultimately improve community health results.¹²⁵

Of greatest significance in the 2024 pertussis outbreaks is the moral obligation to guard those at highest risk, including infants and immunocompromised individuals. Based on the high pertussis risks and mortality sequelae in younger children, including hospitalization and mortality, prioritizing the vaccination of mothers becomes an overriding moral mandate. Not only does this prevention strategy benefit mothers, but it also transfers immunity to infants and augments immunocompetence in infancy.^{127,128} The moral argument for advancing maternal vaccination aligns with the moral standard of beneficence, supporting interventions that benefit people and the public at large.¹²⁸ Additionally, it is important that public health measures are not detrimental to poor groups. COVID-19 exposed gaping health care inequities and revealed lessons, which must be translated and utilized to structure existing measures to promote pertussis vaccine administration.¹²⁹ Moral public health practice entails an active participation in prevention and being forward thinking to remove barriers that may impede vaccine access, including socioeconomics, health literacy, and abandonment of vulnerable groups.^{129,130}

Beyond the rights of a community and an individual, health officials also owe a duty of transparency and responsibility in vaccine allocation and public health policy direction. Ethical public health administration also implies being responsive to data-informed surveillance programs to ensure credible reporting, pertussis case analysis and the implementation of proper interventions.^{129,131} Ethical considerations are concerned with partnerships of collaborative efforts between stakeholders, including public health organizations, community leaders, and health practitioners to develop efficient plans for intervention based on empirical evidence.¹³²

Public health investments in infrastructure are also what propel the health departments to be well-equipped to educate the population, carry out outreach programs, and effectively monitor and contain disease epidemics. Paternalism is an issue of ethics that comes in here, because it will be on the agenda of public health institutions to promote vaccination in the face of reluctance, especially where the health threat is high and well-established.^{122,133}

The current public health scenario reflects a pressing need to counter vaccine hesitancy propagated by false information, especially through avenues like social media. Social media has emerged as a two-edged sword; it acts not only as a platform to disseminate beneficial health messages but also as a hotbed of rumors and anti-immunization attitude.^{134,135} From an ethics standpoint, public health practitioners and healthcare professionals are bound to utilize social media as an instrumental tool to counter vaccine misinformation and disseminate trustworthy, reliable vaccine information.

Central to moral medical practice are the values of beneficence and autonomy. Autonomy values an individual's right to well-informed decisions concerning his or her healthcare. For people to be able to effectively make such decisions of autonomy, however, they should also possess accurate and readily accessible information

concerning vaccines.^{136,137} The prevalence of misinformation hampers people from being capable of achieving a state of informed consent, resulting in people making harmful choices concerning their health. Therefore, the promotion of public health on the social networking site should be in fulfillment of transparency so that the public would be well-informed concerning the realities of vaccine safety and efficacy.¹³⁸ This dedication runs in harmony with the value of beneficence, which obliges us to do good and minimize harm to the public.¹³⁵ In taking an active position of countering misinformation and advocating for evidence-based narration, we are capable of aiding not only individuals but also groups of people, and especially the most susceptible groups.¹³⁹

Against the COVID-19 pandemic backdrop, recent history has caused a loss of public trust in health systems and authorities, furthering vaccine reluctance.¹⁴⁰ A collaborative effort to regain confidence through engagement, responsiveness, and accountabilities in communications for health is needed.¹⁴¹ A historic loss of confidence in healthcare systems creates a collaborative responsibility to be transparent, to actively engage communities, and to counter misinformation. This responsibility extends to public health authorities, healthcare workers, and policymakers who must regain confidence through consistent, evidentiary communications that are pragmatic and credible to the people. Regaining confidence in public health will require a renewed emphasis on conversation and education, including a focus on community voices and a showing of respect for community interests in the vaccination debate.¹⁴²

Moreover, explaining vaccine narratives/background necessitates openness on vaccine development procedures and life-science inquiry limits.¹⁴³ Public health officials should accept doubts and discuss contingency plans and realities of vaccine side-effects. Such openness not only adheres to people's autonomy but also facilitates understanding and trust in the public sphere.^{141,142} Restoring trust also entails recognizing past mistakes and making a commitment to ensure the community's health needs and concerns are prioritized. Avenues for public comment should be introduced so the public can discuss points of interest or inconvenience regarding vaccinations in an effort to hold health authorities accountable.¹³⁸ Within a context of reciprocity and frank communication, public health systems are able to address misinformation and rebuild trust among various groups in the merit of vaccination and public health actions in general.

Therefore, the 2024 U.S. pertussis outbreaks' moral issues demand a triple approach maximizing public health preparedness, countering vaccine hesitancy, and maximizing vaccination access equity. This means a commitment to safety for vulnerable groups along with the promotion of critical decision-making through accountable and transparent public health practice. In exercising the above ethics frameworks and approaches, public health practitioners can strengthen community resilience to existing and impending infectious disease epidemics, ultimately delivering improved population health outcomes.

RECOMMENDATIONS/CONCLUSION

In conclusion, the 2024 pertussis outbreaks in the U.S. have highlighted several weaknesses in the U.S. public health preparedness to disease outbreaks caused by either reemerging or novel pathogens. At the forefront of concerns over the resurgence of previously eradicated diseases are lagging surveillance, vaccine hesitancy, waning public immunity and insufficient public health funding – all of which are possible exacerbators of the pertussis outbreaks.

In response to the numerous possible contributing factors behind the 2024 pertussis outbreaks, evidence-based interventions noted in this article may be adopted to address current and pre-emptively prepare against future pertussis, or even other disease, outbreaks. In brief, we recommend that:

1. Medical professionals employ presumptive language, motivational interviewing, and transparency when communicating with guardians/patients regarding vaccines.

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2. Medical professionals amplify community presence through educational forums and local talks in addition to vaccine promotion efforts via seasonal drives, local clinics, and even mobile charitable clinics. Efforts should be concentrated in regions with vulnerable populations.
3. Medical professionals engage different stakeholders from the community to impact health communications, particularly when combating vaccine misinformation. There needs to be joint efforts to advocate for vaccine education.¹⁴² Public health communications should be built on communal messaging from community leaders who are highly trusted, such as healthcare workers, teachers, and community officials that are connected within the population.¹⁴³
4. Medical associations and professionals establish greater social media presence focused on countervailing mis/disinformation.
5. Medical associations allot resources to “pre-bunking” videos aimed at training individuals to better identify the purposeful propagation of false information.
6. Healthcare providers encourage Tdap boosters for young and older adults in addition to pregnant women at regular visits and through vaccination reminders in the form of phone calls, text messages, emails, and post-cards.
7. EPS coverage be expanded to U.S. jurisdictions that still employ NNDSS to track pertussis outbreaks.
8. Healthcare advocacy groups lobby for increased public health funding. According to the Association of State and Territorial Health Officials, state expenditure on public health in 2018 consisted of federal, state and other contributions, with federal sources contributing 53% to state health departments’ budgets.¹⁴⁴ Furthermore, health departments at the level of cities, counties, and tribes drew 55% of their budget from federal contributions, 21% from state sources, 14% from local sources, and about 10% from other contributors.⁶⁶ Therefore, a considerable increase in public health funding requires efforts on multiple fronts. Hence, healthcare lobbyists should engage state and federal officials by highlighting the economic benefits of increased public health spending (e.g. vaccinating the estimated 117 million children born in the U.S. between 1994 and 2023 would have prevented approximately 32,000,000 hospitalizations and 1,129,000 deaths, in addition to around \$540 billion in direct costs).¹⁴⁵

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