### VAX vaccinate your teen

- Vaccination is the most effective protection
- Just because your teen is vaccinated doesn't mean they are fully protected. Vaccination only covers the most common strains. So know your signs and symptoms!

#### **Vaccination Schedule for Teens**

Age	Type of Vaccination
14-16 Years	<ul> <li>Meningococcal ACWY (usually administered at school)</li> <li>Meningococcal B (free in SA only)</li> </ul>

ACWY vaccination provided for free for your teen.

• Sadly, even though your teen is at high risk the government does not offer free meningococcal B vaccines (except in South Australia). Talk to your GP to organise this potentially life saving vaccine

"I absolutely would have had my daughter vaccinated if I had known" - Abby



"Life goes on but it's very different to how it was going to be...I am so grateful he survived but I grieve the life he lost" - Jane Danzi

"Please vaccinate your children, I don't want your family to go through the heartache and hardships we have endured"- |ane

> **Every** Second Counts!

For further information visit: www.meningitis.com.au







info@meningitis.org.au



Meningitis, Meningococcal and Pneumococcal What Every Teen's Parent **Needs to Know** 

**#KNOW ACTVAX** 







# Meningitis, Meningococcal and Pneumococcal are VERY SERIOUS diseases.



1 in 10 people who contract these diseases will die

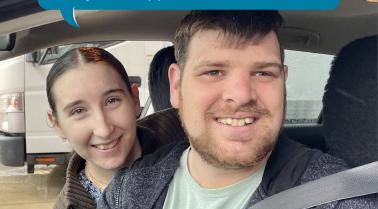


1 in 5 survivors will have permanent disabilities such as brain damage, loss of limbs or deafness

Teenagers are at high risk of catching the A, C, W, Y and B strains of Meningococcal due to:

- Sharing drinks and water bottles
- Sharing lipstick and mouth guards
- Large gatherings (parties, sports and concerts)
- Smoking actively or passively
- Deep kissing with multiple partners
- Crowded living and sleeping situations

"Cameron had Pneumococcal Meningitis. He is just as annoying as everyone else's brother but he needs me to look after him and keep him safe. I am my big brother's carer, just like my parents" - Zoe



## **KNOW** the Signs and Symptoms



High Fever



**Vomiting** 



Tired/Difficulty
Waking



Pale Blotchy Skin/Rash



Severe Headaches



Sensitivity to Light



Cold Hands and Feet



Stiff Neck/Jerky Movements



Refusal to Eat



Muscle and Joint Pain



High Pitched Cry, Bulging Soft Spot on Head babies only!

- Meningitis can kill within 24 hours! The time between the first symptom and your teen being in a critical condition may only be a few hours
- Every case is different. Teens will often show signs in a different order, or some not at all, so you need to be on the lookout for all of them-check your fridge magnet!
- If your teen knows the signs they will be able to look out for their mates and keep them safe too

## **ACT** immediately

- Symptoms develop and deteriorate quickly so ACT as soon as you think something is wrong
- Go straight to your GP or the hospital and ask them directly- 'could it be Meningitis, Meningococcal or Pneumococcal?'
- Don't wait for the rash to appear on your teen. While it is often the most well known symptom, it is not always the first or may not appear at all
- Trust your instincts- you know your teen better than anyone else. If they get worse, even after seeing a doctor, return to the hospital immediately. Every second counts!

"I sat in the morgue with Mischelle and we made promises. One was that there will not be another parent sitting in a morgue and praying for their child to wake up" - Anjini

