

## VAX vaccinate your teen

- Needles are safe and the best way to protect your teen
- Just because your teen has had their needles doesn't mean they are fully protected. Needles only cover the most common types of the illness. So know your signs and symptoms!

### Vaccination Schedule for Teens

Age	Type of Vaccination
14-16 Years (usually administered at school)	• Meningococcal A, C, W, Y

ACWY provided free for your teen

- If your teen missed their ACWY needle at school, talk to a doctor to organise a catch up needle

*"This disease can kill people. It needs to be treated. Just one jab in your arm to save your life – that's worth it"*  
- Elder from the Tanami Desert

*"It's great that there are free vaccinations but people need to know about it, to get it. We don't want to start losing our mob just because they're uninformed"*  
- Elder from the Tanami Desert

*"If you have a late diagnosis, late being you only miss it by 24 hours, it can kill you"*  
- John

**Every  
Second  
Counts!**

For further information visit:  
[www.meningitis.com.au](http://www.meningitis.com.au)



**MENINGITIS  
CENTRE  
AUSTRALIA**



Free Call 24/7  
**1800 250 223**



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artwork designed by Tyrown Waigana.  
2020 NAIDOC poster winner



**MENINGITIS  
CENTRE  
AUSTRALIA**

**Meningitis, Meningococcal  
and Pneumococcal**  
How to protect your mob

**#KNOW  
ACTVAX**



[www.meningitis.com.au](http://www.meningitis.com.au)

Hi. This is important  
information for your mob

## Meningitis, Meningococcal and Pneumococcal are VERY SERIOUS illnesses.



1 in 10 will die



1 in 5 survivors will  
have disabilities like  
brain damage, loss  
of arms or legs, or  
deafness

Teens are at high risk of catching  
Meningococcal because they:

- Share drinks and water bottles
- Share lipstick and mouth guards
- Have large parties with lots of people
- Smoke
- Kiss different people
- Sleep and live in crowded places



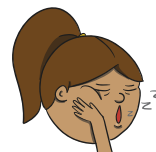
## KNOW the Symptoms - Danger!



High  
Temperature



Throwing Up



Sleepy



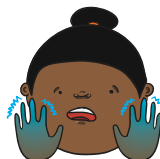
Blotchy  
Skin/Rash



Headache



Light Hurts  
Eyes



Cold Hands  
and Feet



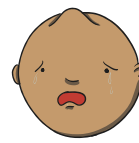
Sore Neck and  
Back Arching



Not Hungry



Joint/Muscle  
Pain



Loud Cry,  
Bump on Top of Head  
(baby only)

- Meningitis can kill within 24 hours! The time between the first symptom and your teen being very sick may only be a few hours
- All teens will show different symptoms, so you need to know them all - check your fridge magnet!
- If you and your teen know the symptoms you can both look out for the rest of your mob

## ACT immediately

- If your teen has any of these symptoms, go to a doctor or hospital straight away
- **Ask the doctor directly- 'could it be Meningitis, Meningococcal or Pneumococcal?'**
- Don't wait for the rash to appear on your teen. It's the symptom most people know but some teens might not get it at all
- Trust your gut- you know your teen better than anyone else. If you get sent home from the hospital but they get worse, go straight back

Every  
Second  
Counts!

