

VAX vaccinate yourself

- Vaccination is the most effective protection
- Just because you are vaccinated doesn't mean you are fully protected. Vaccination only covers the most common strains. So know your signs and symptoms!
- If you are over 70 check with your doctor to make sure that you have had this vaccine. **Don't assume!**
- If you missed your pneumococcal (pneumonia) vaccine ask your GP for a catchup

Vaccination Schedule for Seniors

Age	Type of Vaccination
70 years plus	• Pneumococcal

Ask your GP for your free pneumococcal (pneumonia) vaccine today!!

IT MAY SAVE YOUR LIFE!!



"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, I don't want your family to go through the heartache and hardships we have endured" - Jane



Pneumococcal What Seniors Need to Know

**Every
Second
Counts!**

**#GottaGetMy
Pneumococcal**

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



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Pneumococcal is a VERY SERIOUS disease.



1 in 10 people
who contract this
disease will die



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

You can get pneumococcal at any age, but
if you are under 2 years of age or over sixty
you are at a higher risk.

Pneumococcal infection can lead to
pneumonia, meningitis and septicaemia
(infection of the blood).



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 you being in a critical condition may only be a few hours
- Every case is different. You can 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 you KNOW the signs you will be able to look out for your friends 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 Pneumococcal?”**
- Don't wait for the rash to appear. 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 yourself better than anyone else. If you get worse, even after seeing a doctor, return to the hospital immediately. Every second counts!

