

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 style="list-style-type: none">• Meningococcal ACWY (usually administered at school)• Meningococcal B (free in SA only)

ACWY vaccination provided 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



Emma-Kate
1998-2017

"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"- Jane

**Every
Second
Counts!**

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

 **MENINGITIS
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AUSTRALIA**

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 **MENINGITIS
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Meningitis, Meningococcal and Pneumococcal

What Every Teen's Parent Needs to Know

**#KNOW
ACTVAX**



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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



Mischelle
1998-2018