

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



**MENINGITIS
CENTRE
AUSTRALIA**

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artwork designed by Tyrown Waigana.
2020 NAIDOC poster winner



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

**#KNOW
ACTVAX**



www.meningitis.com.au

KAYA. 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 - Balay!



High Temperature



Throwing Up



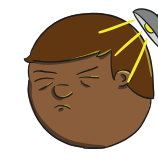
Sleepy



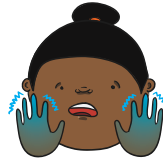
Blotchy Skin/Rash



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!

