

VAX vaccinate yourself

- Vaccination is the most effective protection.
- The **Meningococcal B vaccine is now free** for you in your state. So, take advantage of this and talk to your GP, Pharmacist or Community Health Centre to organise this free lifesaving vaccine **TODAY**.
- If you are turning 20 soon **BOOK TODAY** so you don't miss out.
- While you're at it, check that you've had your ACWY Meningococcal vaccine back in high school. If not, you can get caught up on that now too.

Vaccination Schedule

Age	Type of Vaccination
14-19 Years	<ul style="list-style-type: none">• Meningococcal ACWY (usually administered at school)• Meningococcal B

"Since being out of hospital I have gotten the Meningococcal B vaccine, which I would highly recommend to everyone. Meningococcal can come out of nowhere so I urge people to learn the signs and symptoms and stay alert" - Claudia



"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



Free Call 24/7
1800 250 223



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Meningococcal B

What Young Adults 19 and Under
Need to Know About
Meningococcal B

#KNOW
ACTVAX



Bella
1999-2022



www.meningitis.com.au

14 to 25 year olds are at the highest risk for catching Meningococcal type B

There are 5 types of Meningococcal A, C, W, Y and then there's B.

You would have had your ACWY vaccine in high school and now you can get your Meningococcal B vaccine free in your state.



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

"My boy will never experience, moving out of home, marriage, children, nieces and nephews, eating his favourite meals again... This is a devastating traumatic disease that can be prevented." – Stacy, Brayden's Mum



Brayden
1999–2022

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!

- Meningococcal B can kill within 24 hours! The time between the first symptom and being in a critical condition may only be a few hours
- Every case is different. You 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 you know the signs you can look out for your 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 Meningococcal?'**
- 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!

"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