

PROTECT

DO NOT cough or sneeze over others.

DO NOT cough or sneeze out in the open.
Your droplets WILL travel.

The respiratory droplets from a sneeze can travel from 2 to 4 metres. That is a LONG distance.

Cough or sneeze into your elbow. If you have used your hands by mistake —wash them (for 20 seconds) as soon as possible.



PROTECT Vaccinate (B & ACWY)

The B & C strains were the main strains of meningococcal disease in Australia but since 2016 there has been a large increase in cases of the W-strain.

CHILDREN—The government's free ACWY vaccination program for children is one dose for protection.

ADULTS—Ask your doctor about the ACWY vaccine — it will provide protection against ACY and the W strain in Australia and overseas.

The B-strain vaccine, available through your GP at a cost, requires 2 to 3 doses—speak to your GP.



Please read this **IMPORTANT** health brochure.



The
Amanda Young
Foundation
fighting meningococcal disease

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The Amanda Young Foundation

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PARENTS & TEACHERS

Check out our website for more detailed information and free education resources.
www.amandayoungfoundation.org.au

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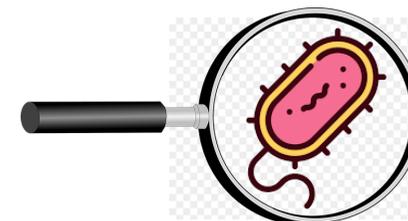
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DETECT & PROTECT

with Buddy against

Meningococcal Disease



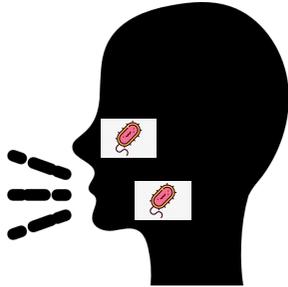
Buddy was a member of Amanda Young's family. German Shepherd dogs are great DETECTORS and PROTECTORS.

BE AWARE DO NOT SHARE

Meningococcal disease is a rare bacterial disease. The bacteria are found in the mucus at the back of our throat and nose.

Many people in our community are healthy carriers of the bacteria and while they do not get sick, they can infect others who are at risk.

Coughing, sneezing and sharing food, drinks or anything that has been in our mouth are ways of transferring the bacteria.



DETECT

Two Types Of The Disease

Meningococcal **meningitis** is inflammation of the lining of the brain and spinal cord.

Meningococcal **septicaemia** is when the bacteria enter the blood-stream, multiply rapidly, damage the blood vessels and bleed into the skin causing a rash.

If a rash develops—go straight to hospital.



DETECT

Look at our symptom chart in this brochure. If you feel sicker than you ever have before and are not getting better—seek medical help.



Amanda Young's Story

It was October 1997, Amanda had just returned from a rowing regatta in NSW. Back in Perth she spent her Saturday rowing in the State Championships. That evening she complained of a headache and pain in her thigh. She also had cold hands and feet and a fever. After vomiting, she was taken to hospital. The next morning she had severe diarrhoea and a rash. Amanda had meningococcal septicaemia.



PROTECT



Cover your coughs and sneezes.
Stay in bed if you are unwell.
Wash your hands for 20 seconds.
Do not share anything that has been in your mouth.

DETECT SYMPTOMS

SEPTICAEMIA	MENINGITIS
<p>! Shivering, chills, cold hands/feet, rapid breathing</p>	<p>! Stiff or painful neck</p>
<p>! Pain in arms, legs, joints or stomach</p>	<p>! Dislike of bright lights</p>
<p>! Fever Nausea/vomiting Maybe diarrhoea</p>	<p>! Severe headache</p>
<p>! Lack of energy, drowsiness, loss of consciousness</p>	<p>! Drowsiness, loss of consciousness</p>
<p>! A pink or pinpoint rash (develops to purple blotches)</p>	<p>! Same rash may develop in later stages</p>