

Hygiene

It is always recommended that you cover your mouth and nose when you sneeze and cough. Use a tissue or even your elbow to sneeze and cough into, to stop your hands from becoming contaminated.

Wash your hands in warm soapy water

after the toilet, playing in soil or gardening, changing a nappy or sneezing and coughing.

Don't share drinks, food or cigarettes. Meningitis/meningococcal can also be spread through deep kissing.

Meningitis, Meningococcal and Septicaemia

Meningitis and Meningococcal Vaccines

Meningococcal B – Bexsero or Trumenba vaccines require a private script and needs to be paid for out of pocket. Trumenba can only be given at 10+ years. If you live in South Australia it is free for babies, toddlers and 15-21 year olds.

Meningococcal ACWY – is offered for FREE to babies at 12 months and teenagers 14-19 years through the National Immunisation Plan.

Pneumococcal – Pneumococcal conjugate (13vPCV) given at 2 months, 4 months,

12 months through the National Immunisation Plan. 65+ years can get the Pneumovax 23 vaccine for FREE.

Haemophilus influenzae type B (Hib) – given at 2, 4, 6 and 18 months for FREE on the National Immunisation Plan.

Check with your GP if you are medically at risk and require more vaccines.

*Whilst these are the recommended doses outlined by the Federal Health Department, Meningitis Centre Australia advises you discuss the suitability of vaccinations with your own GP or Paediatrician. *National Centre for Immunisation Research & Surveillance 2019*

Learn the Symptoms
Meningitis can Kill in 24 Hours



**MENINGITIS
CENTRE
AUSTRALIA**

*Raising awareness.
Every second counts.*


Free Call 1800 250 223

Meningitis

Learn the symptoms – Meningitis can kill in 24 hours

For further information about meningitis visit:

meningitis.com.au

| | Babies | Children & Adults | | Babies | Children & Adults |
|--|-------------------------------------|-------------------------------------|--|-------------------------------------|-------------------------------------|
|  Fever, cold hands and feet | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |  Rapid breathing/grunting | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
|  Vomiting | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |  Pale blotchy skin/spots/rash | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
|  Tired/floppy | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |  Unusual crying/refuses to feed | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
|  Blank expression | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |  Bulging soft spot on top of head | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
|  Dislikes being handled | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |  Stiff neck/dislikes bright lights* | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
|  Severe headache | <input type="checkbox"/> | <input checked="" type="checkbox"/> |  Fitting/stiff jerking movements | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |



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Mon–Fri 8am–4pm (WST).

11 Aberdare Road, Nedlands WA 6009



A rash may also occur with some forms of meningitis. These are common symptoms and can appear in any order. Some may not appear at all.

**Young children with meningitis may not have stiff neck and may not be light sensitive.*

If concerned, see a doctor immediately! Every second counts!

Don't hesitate to return to the doctor or hospital immediately if the person deteriorates or you are still concerned!

Disclaimer: The Meningitis Centre is a 'not for profit' support organisation based in Australia, not a professional medical authority. The Meningitis Centre's literature provides general information about meningitis, not medical advice. Please consult your doctor for further information & seek medical attention if you are concerned someone may be ill.