

How to protect yourself and your community when you've been around someone with diphtheria



High-Risk Contact

- Watch for a **sore throat or any skin sores** for the next 7 days. See your clinic quick if you get a sore throat or skin sores.
- Your clinic might ask to do a **throat swab** to check for diphtheria – the results can take a few days to a week or so to come back.
- Take **antibiotics** each day for 5 days as instructed by your clinic – this helps to stop you getting diphtheria and stops you passing it onto others.
- Have a booster diphtheria **vaccine** at your clinic. The clinic will check when you last had one, and give you a booster if you haven't had it in the last year – this helps protect you from getting diphtheria in the future.
- Stay away from babies, sick or frail people, and old people until you have finished at least 3 days of antibiotics or your swab test comes back negative. This might mean not going to school, childcare, or work if you work with vulnerable people.

If you have questions, call your clinic (Ph: _____)
or the local public health unit (Ph: _____)

You can also call Healthdirect Australia on 1800 022 222