

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



Medium-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.
- 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. 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