HOW IS DIPHTHERIA SPREAD?

Without treatment, infected people can spread diphtheria to others for more than four weeks from when their symptoms first start.

- Diphtheria is spread by infected droplets from coughs or sneezes.

COUGH & SNEEZE INTO YOUR ELBOW

- Diphtheria can be spread skin to skin, from contact with an infected ulcer or sore.

KEEP WOUNDS CLEAN & COVERED

- You can get sick by touching dirty sheets, towels, clothes, or household items.

WASH

WIPE

CLEAN HOUSEHOLD ITEMS & SURFACES

GOOD HYGIENE HABITS HELP KEEP MOB HEALTHY

PREVENTION

Vaccination is the best protection against diphtheria.

- The diphtheria vaccine has been around for nearly 100 years! It is safe and free for everyone.

- Children get protected from their childhood needles.

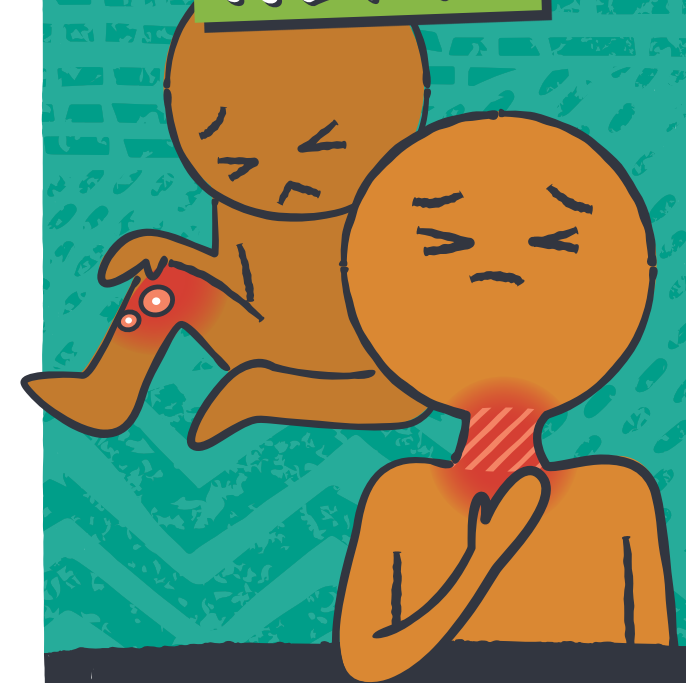- Adults need a booster every five to ten years.

Check if your family is safe and up-to-date with immunisations. Contact your health service:

(HEALTH SERVICE STAMP)

JAB UP STAY STRONG

GET DIPHTHERIA OUTTA HERE!

SKIN SORES OR SORE THROAT? SEE YOUR DOCTOR.

Diphtheria (diff-THEER-e-uh) is a contagious skin and/or throat infection, caused by two different types of bacteria. One of these releases a toxin (poison) which can make you very sick.

SYMPTOMS

Symptoms depend on the site of infection, and whether the bacteria produces toxin.

Skin (cutaneous) diphtheria

The most common diphtheria causes skin infections.

- Non-healing skin sores and ulcers, mainly on the legs.

Throat (respiratory) diphtheria

The most severe type of diphtheria is a toxin infection in the throat.

- Sore throat, fever and chills
- Hard to swallow and breathe
- Grey-white coating on the throat and tonsils
- Swollen, painful glands in neck
- Tiredness, not feeling hungry.

COMPLICATIONS

If not treated quickly, toxin-producing diphtheria can enter the bloodstream from a throat infection and damage other parts of the body.

This can lead to:

- damage to the heart
- damage to the nerves causing weakness, choking and difficulty breathing
- long stays in hospital
- death (in severe cases).

GET DIPHTHERIA OUTTA HERE!

SKIN SORES OR SORE THROAT? SEE YOUR DOCTOR.

TREATMENT

Your doctor or nurse will diagnose diphtheria by testing a swab taken from the infected throat or sore.

- Diphtheria is treated with antibiotics.
- If you have a throat infection you might need special medicine.
- People with severe throat infections may need treatment in hospital.
- People recovering from diphtheria may need a booster jab.

KEEP MOB SAFE

It's up to you to stop the spread of diphtheria!

- Come see the doctor if you have a skin sore or sore throat.
- Keep your sores covered and take all your antibiotics.
- If you have a sore throat avoid contact with others. No kissing until you're better!
- Keep an eye on your mob at home. Check their skin for sores and get them to come see the doctor.
- Vaccination is the best way to keep mob safe.