

# Protect yourself against **DIPHTHERIA**

Diphtheria is a skin or throat infection, caused by a nasty bacteria that can make you very sick and can spread to others.

## KEEP SAFE:



**COUGH AND  
SNEEZE INTO  
YOUR ELBOW**



**KEEP WOUNDS  
CLEAN AND  
COVERED**



**CLEAN  
HOUSEHOLD ITEMS  
AND SURFACES**

## Vaccination is the best protection

The diphtheria vaccine is safe and free for:

- People under the age of 20 years.
- Pregnant women from 20 weeks.
- Refugee and humanitarian entrants.
- Frontline workers.

Adults are eligible for a free booster dose every 10 years, and Aboriginal people every 5 years.

Not sure of your vaccination status?  
Check with your health care provider!



If you need an interpreter  
we can book one for you.