

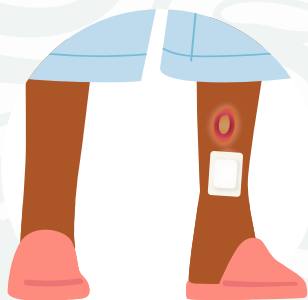


Help stop diphtheria

Clean, wash and protect

Diphtheria (diff-THEER-e-uh) germs can live on towels, bedding, clothes and household items

Cleaning and washing can help stop it spreading



How diphtheria spreads

The germ can spread from an infected person through:

- droplets from their coughs and sneezes
- contact with their infected skin sores or ulcers
- touching dirty bandages, towels, bedding, clothes or household items

Wash hands

Wash hands often for at least 20 seconds with soap and water



Always wash:

- after coughing and sneezing
- after using the toilet
- before eating or preparing food
- before and after touching skin sores and dressings
- whenever hands are dirty

Clean home

Clean and disinfect surfaces every day, especially high-touch areas



Focus on:

- door handles
- light switches
- tables and chairs
- taps and sinks
- toys and phones

Use a household disinfectant

Wash and dry clothes

Wash and dry clothes, towels and bedding regularly



- Use detergent and warm or hot water (at least 60°C) for best results
- Dry in sunlight or a hot dryer if you can

Cover and protect

Cover coughs and sneezes with a tissue or your elbow

Keep skin sores and wounds clean and covered



Other helpful tips:

- Throw away used tissues in the bin
- Stay home if you are sick and avoid close contact with others
- Get skin conditions treated early – healthy skin helps prevent infection
- Keep diphtheria vaccinations up to date



Know the symptoms

The most common type of diphtheria causes skin sores and ulcers

The most serious type of diphtheria can start like a cold with a sore throat and fever



Scan for more information about diphtheria
<https://www.healthywa.wa.gov.au/diphtheria>



See your clinic for vaccination, or if you have a skin sore or sore throat



1800 MEDICARE (1800 633 422) 24 hours 7 days