



Diphtheria low-risk contact letter

You have been identified as a likely **low-risk contact** of a person diagnosed with diphtheria. Although it is unlikely that a contact will develop diphtheria, this letter is to inform you about the disease and to advise what you need to do.

What is diphtheria?

Diphtheria is a serious infection that is usually caused by *Corynebacterium diphtheriae* bacteria. Some strains of the bacteria produce a toxin that can cause severe illness. There are two main types of diphtheria:

- **Respiratory (throat) diphtheria** can cause a thick grey coating in the back of the nose or throat that makes it hard to breathe or swallow. These infections can lead to serious complications affecting the heart and nerves. Around 5-10% of severe cases are fatal, even with treatment.
- **Cutaneous (skin) diphtheria** can cause infected sores, ulcers or wounds that may be slow to heal. This is usually less severe than respiratory diphtheria, but the infection can spread to others.

How is diphtheria spread?

The diphtheria bacteria live in the mouth, throat and nose of an infected person and can be passed to others by coughing or sneezing. Sometimes spread of bacteria occurs from infected skin sores or through contact with contaminated items, such as bandages and towels.

Do I need to take any special precautions?

Look out for symptoms for at least 7 days from your last contact with the infected person. If you are well, you do not need to change what you normally do or take any treatment.

If you develop symptoms or signs consistent with the respiratory or cutaneous types of diphtheria, you should urgently consult your doctor or the emergency department of the closest hospital. **Please call ahead before you attend so the health service can take appropriate precautions. Wear a mask if you have throat symptoms, cover any sores, and take this letter with you.**

Make sure that your vaccinations for diphtheria are up-to-date – diphtheria vaccines are usually combined with tetanus and pertussis (whooping cough) in one shot, written as “DTP” or “dTpa”. Get a booster dose if your last diphtheria-containing vaccine was more than 5 years ago.

For further information

Contact your local public health unit during office hours:

Kimberley Public Health Unit: (08) 9194 1630	Pilbara Public Health Unit: (08) 9174 1660
Goldfields Public Health Unit: (08) 9080 8200	Midwest Public Health Unit: (08) 9956 1985
Wheatbelt Public Health Unit: (08) 9690 1720	Boorloo (Perth) Public Health Unit: (08) 9222 8588
Southwest Public Health Unit: (08) 9781 2359	Great Southern Public Health Unit: (08) 9842 7500

Or contact Healthdirect Australia on 1800 022 222.