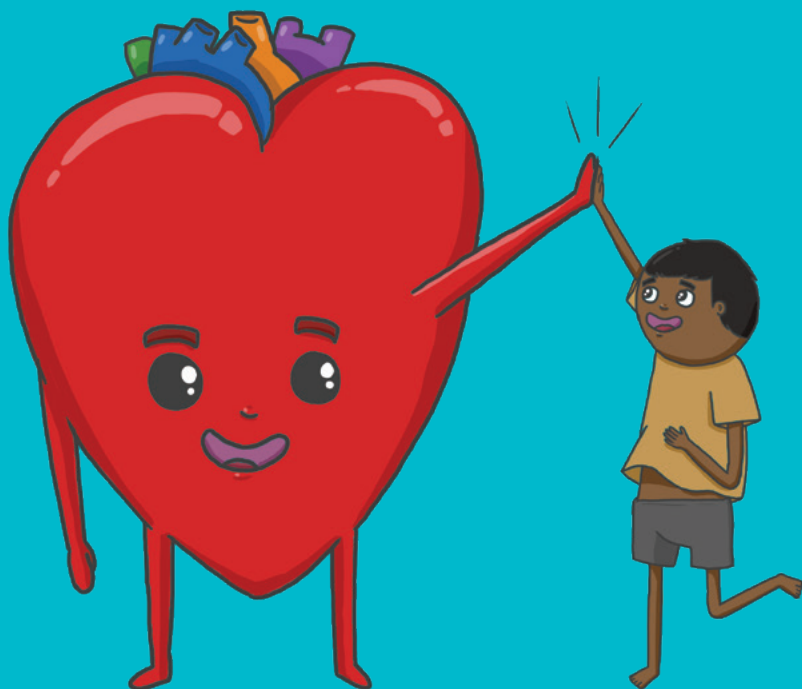


Strong ways, strong hearts

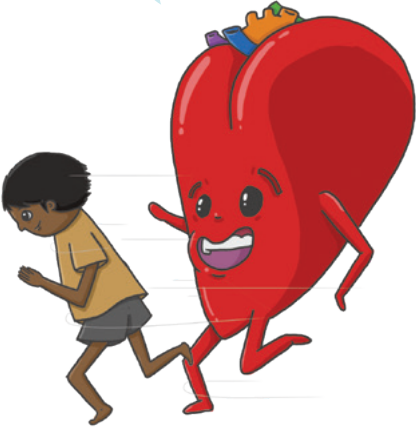
Keeping Helen healthy



apunipima

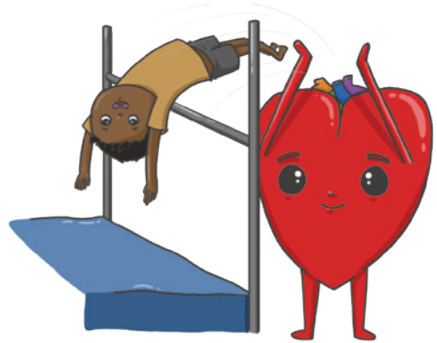
CAPE YORK HEALTH COUNCIL

Hello!
I'm Helen the Heart



I make sure you
can run **FAST**

jump **HIGH**



And sing **LOUD**

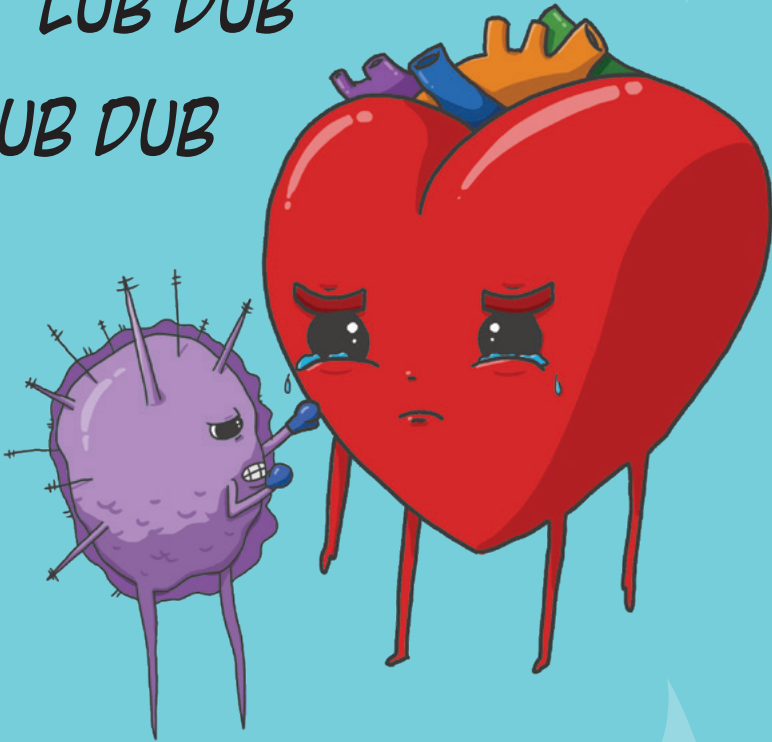
by pumping blood around your body

Sometimes
you can feel
me beating

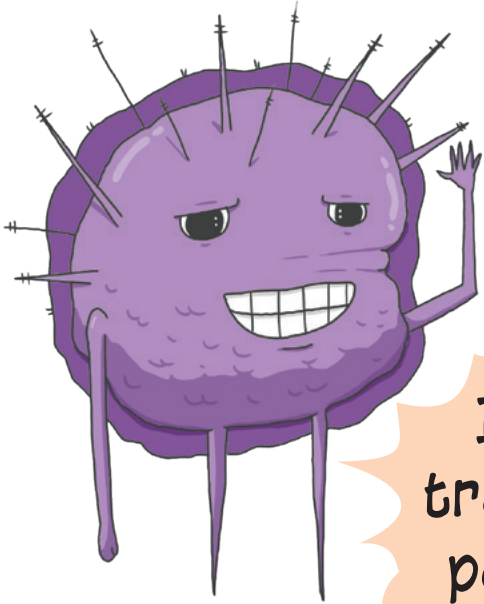
LUB DUB

LUB DUB

LUB DUB

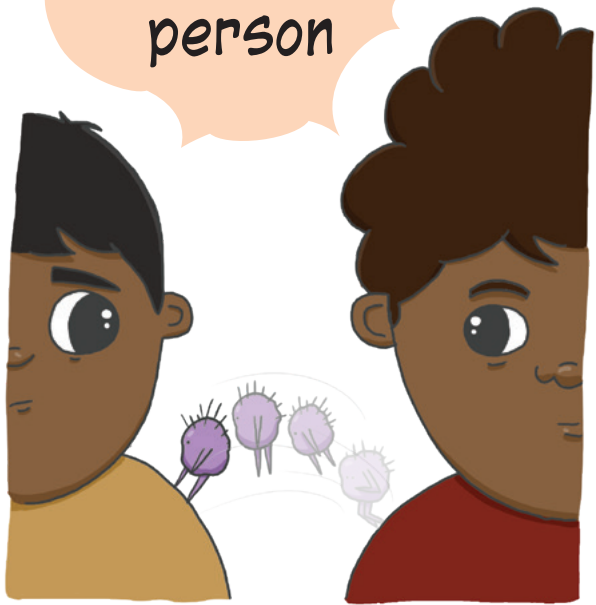


But sometimes germs can get into
your body and hurt me



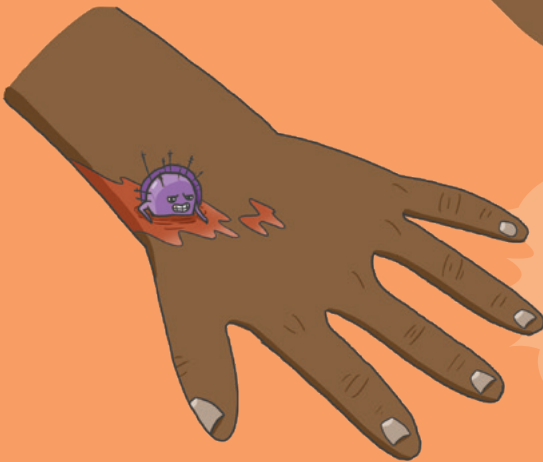
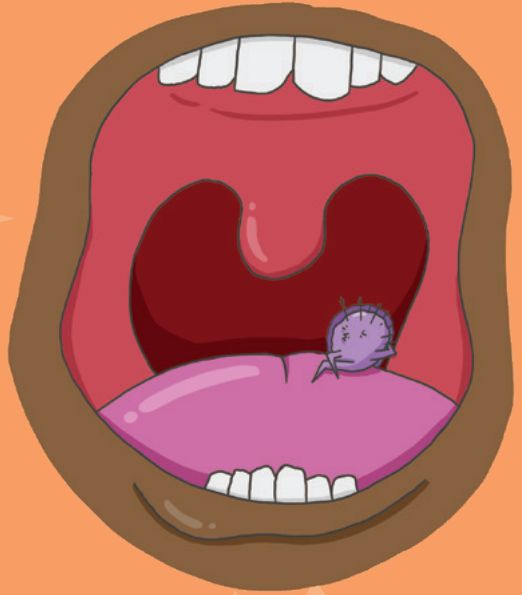
Hi
I'm Spikey
the strep
germ

I like to
travel from
person to
person



I like to live in the
throat and in the skin

I can
make your
throat
HURT

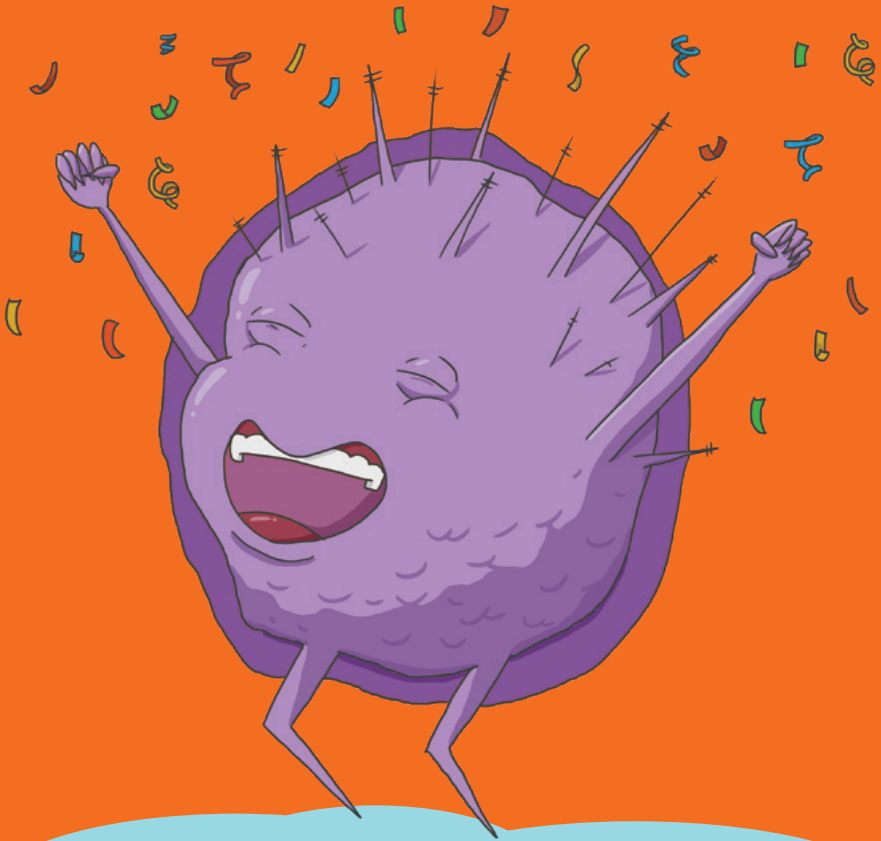


I can make
your skin
HURT

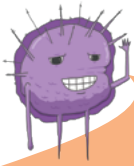
I can make your heart **HURT**



To stop Spikey hurting me,
we go to the clinic and
take medicine



But if we don't go do this,
Spikey stays.



When I stay,
I can make your body

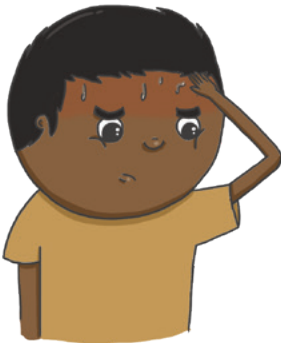
SORE



TIRED



HOT

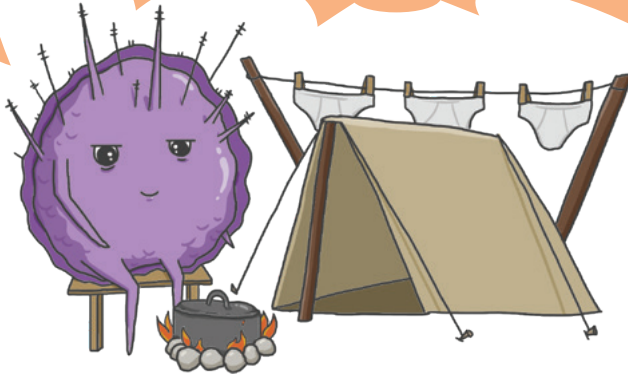


And then I
can hurt

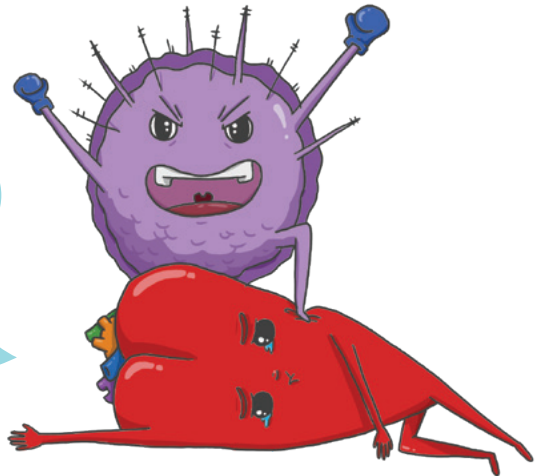
HELEN
THE
HEART

This is called Rheumatic Fever

I like staying in your body so if you don't go to the clinic and take your medicine, I won't leave



Now Spikey hurts me even more



This is called
Rheumatic Heart Disease



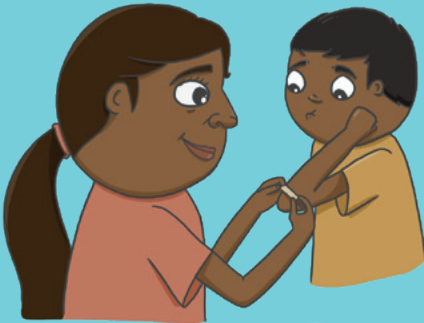
We can help keep
Spikey away by:



washing our
hands and body
with soap



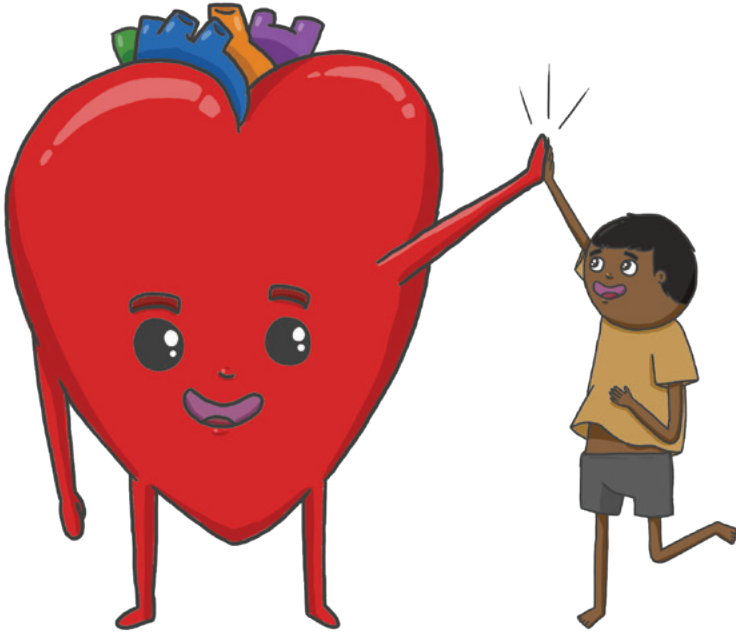
cleaning and
covering any
cuts on our skin



telling a grown
up if our throat
or skin is sore



going to clinic
and taking all of
our medicine



Do these things to keep
Helen the Heart
happy, healthy
and safe.

A message for grown ups

Acute Rheumatic Fever (ARF) and Rheumatic Heart Disease (RHD)

is common in kids and teens across the Cape.

Rheumatic Heart Disease starts with a Strep A germ, which infects the throat (sore throat) and the skin (skin sores). If these sore throats and skin sores are left untreated (no antibiotics), they can develop into Acute Rheumatic Fever. Acute Rheumatic Fever is irritation of the heart valves, and can include symptoms like joint pain, fever and tiredness.

Bicillin injections are needed to manage Acute Rheumatic Fever. These injections stop the Strep A germ and prevent further damage to the heart. Without these Bicillin injections, Acute Rheumatic Fever can develop into Rheumatic Heart Disease, which is permanent damage to the heart valves. If a child has a sore throat or an infected skin sore, take them to the clinic to get checked out.

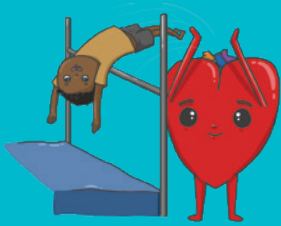
For more information visit RHD Australia:

<https://www.rhdaustralia.org.au/>

or talk to your local health provider.

ACKNOWLEDGEMENTS

Cape York Communities, Saltwater people, Ty Waigana
Apunipima – Cape York Health Council



apunipima

CAPE YORK HEALTH COUNCIL