



**Show this card EVERY TIME you get your needle**



Questions? Contact your clinic on

Ph: .....

NAME: .....

DOB: .....

COMMUNITY: .....

UR: .....



Get your Bicillin every 21-28 days. If you are late or miss your Bicillin injection it will put you at risk of getting skin sores or a sore throat. This can cause another **Rheumatic fever** episode and **damage** your heart!

### Example

Mark the date injection was given, then shade day 21 to 28 after the last injection. Get your next injection on any of the shaded days.



For ARF/RHD information and resources see [www.RHDAustralia.org.au](http://www.RHDAustralia.org.au)

Month.....

1	2	3	4	5	6	7	8	9	10	
11	12	13	14	15	16	17	18	19	20	
21	22	23	24	25	26	27	28	29	30	31

🦷 DENTIST

Month.....

1	2	3	4	5	6	7	8	9	10	
11	12	13	14	15	16	17	18	19	20	
21	22	23	24	25	26	27	28	29	30	31

🦻 ECHO

Month.....

1	2	3	4	5	6	7	8	9	10	
11	12	13	14	15	16	17	18	19	20	
21	22	23	24	25	26	27	28	29	30	31

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11	12	13	14	15	16	17	18	19	20	
21	22	23	24	25	26	27	28	29	30	31

👩‍⚕️ Specialist appointments

Month.....

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11	12	13	14	15	16	17	18	19	20	
21	22	23	24	25	26	27	28	29	30	31

Month.....

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