



# Rheumatic Heart Disease Stakeholder Toolkit



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# About



## Background

Despite being preventable, Australia has some of the highest rates of rheumatic heart disease (RHD) worldwide.

It disproportionately affects First Nations communities and children between the ages of 5 and 14. It starts with acute rheumatic fever (ARF), an autoimmune reaction to untreated or repeated streptococcal A (Strep A) infections. Repeated ARF can lead to permanent damage and dysfunction of the heart valves, resulting in RHD.

RHD takes the lives of two young First Nations people each week and costs \$27 million in open-heart surgeries and medical care per year.

## Purpose

This toolkit is designed to empower professionals across sectors to confidently deliver consistent, culturally respectful messages that contribute to reducing RHD in First Nations communities throughout Queensland.

It provides practical guidance on how and when to use a suite of statewide RHD resources, products, and promotional materials. The Toolkit includes a wide range of free assets developed to raise awareness and deepen understanding of RHD prevention. These versatile resources can be used across multiple platforms, including websites, print materials, social media, and newsletters.

The aim is to encourage and empower healthcare services, communities, and families by providing accessible information on the importance of recognising and treating primary health conditions that can lead to ARF and RHD. Most resources are image-based to support engagement and enhance understanding.

By exploring and using this toolkit, you'll equip yourself with practical tools to make a meaningful impact on your community's awareness and prevention of RHD.

# What is RHD?

Rheumatic heart disease is damage to the valves in the heart that develops after the heart has been affected during an illness called acute rheumatic fever. Acute rheumatic fever starts after an infection in the throat or on the skin (Strep A infection).

Strep A infections can cause acute rheumatic fever, and acute rheumatic fever can cause rheumatic heart disease.



## Application

These resources are intended for use as preventative health communication tools until locally tailored versions become available. Developed with inclusivity in mind, they are suitable for use across diverse Aboriginal and Torres Strait Islander communities in Queensland and are designed to foster culturally safe and respectful connections.

The materials can be displayed and shared in community spaces, clinics, and other relevant settings to help raise awareness and promote the RHD prevention campaign.

The Partnerships Team within the Strategic Communications Branch is currently working with several Hospital and Health Services (HHSs) to co-design localised RHD resources that reflect each region's unique identities and needs.

All content in this toolkit is appropriate for use across Queensland First Nations communities.

Thank you for your commitment to improving the health and well-being of your community.

## Questions?

If you require additional promotional items not included here, or have any questions, please contact: [engagement@health.qld.gov.au](mailto:engagement@health.qld.gov.au)

# Target audience



## Clinicians and health workers

How to recognise symptoms and provide the right treatment and pathways



## First Nations families and community

Advice on recognising Strep A and acute rheumatic fever (ARF), managing symptoms and when to seek care



## First Nations people living with RHD

Support to manage your condition and access care

# Resources

Download resources about rheumatic heart disease [here](#) and share them to help spread the word! Please share as-is, as they've been approved by Queensland Health's experts. For changes, contact the Partnerships Team at [Engagement@health.qld.gov.au](mailto:Engagement@health.qld.gov.au).

## Posters



These posters can be displayed in various community spaces, serving as a starting point or reminder for the RHD story. They also act as valuable visual aids for health practitioners, educators, and health clinics to support awareness and educate community members.

Resource title	Preview	Download links
<p><b>Poster 1 Community Protection</b></p> <p>Portrait (A3)</p>		<p><a href="#">Link</a></p>
<p><b>Poster 2 Community</b></p> <p>Portrait (A3)</p>		<p><a href="#">Link</a></p>

# Factsheets

Answering frequently asked questions about RHD, covering key topics such as understanding the disease, prevention strategies, and effective management.

## Resource title

## Preview

## Download links

### Fact sheet 1 Want to know more

The FAQ fact sheet offers detailed answers to 16 frequently asked questions about RHD, covering key topics such as understanding the disease, prevention strategies, and effective management.



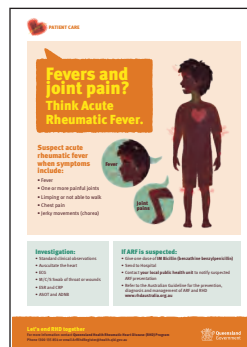
[Link](#)



### Fact sheet 2 Suspect ARF

This A4 fact sheet provides information on fever and joint pain. For Clinicians and Health Workers to educate community on suspected acute rheumatic fever symptoms.

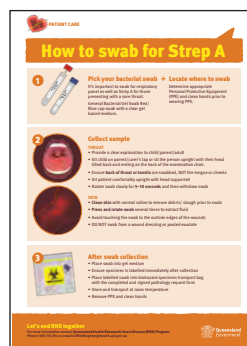
[Link](#)





### Fact sheet 3 Swabbing

This A4 fact sheet for clinicians and health workers provides best practice instructions on how to swab for Strep A infections.

[Link](#)




Resource title	Preview	Download links
<p><b>Pamphlet/handouts</b> <b>What is RHD? (Green DL)</b></p> <p>This resource provides a more detailed explanation of Strep A, ARF, and RHD through a visual story supported by conversational text. It also extends the RHD conversation to a more clinical tone, explaining disease progression and treatment.</p>		<p><a href="#">Link (green)</a></p>
<p><b>Pamphlet/handouts</b> <b>Z-card</b></p> <p>Designed like an appointment reminder card, this card condenses some of the essential information about RHD to create a simple reminder of things to look out for and actions that can be taken.</p>		<p><a href="#">Link</a></p>

## Pull-up banners



For display at community centres, health centres and community events.  
Email [engagement@health.qld.gov.au](mailto:engagement@health.qld.gov.au) to request high-resolution, print-ready files.

Resource title	Preview	Download links
<p><b>Pull-up banner</b></p>		<p><a href="mailto:engagement@health.qld.gov.au">engagement@health.qld.gov.au</a></p>

# How to post to social media

**IMPORTANT:** Queensland Government agencies don't need to use the images with the Coat of Arms but non-government agencies are required to use images with the Coat of Arms.



## Facebook

1. From the top of your News Feed or timeline, click Make Post.
2. Select and copy the text you wish to post from the pre-approved social media posts above.
3. To add an image or video, select Photo and find the location of the file.
4. Choose where you'd like to share your post (the location on your Facebook page). When you add an image, you'll also have the option to share to 'your story'. Click to select News Feed, Your Story, or both:
5. News Feed: Your post will show up in News Feed and on your timeline.
6. Your Story: Your story will be visible to your selected audiences for 24 hours.
7. Click Share.

## Instagram

1. To upload an image first tap at the bottom of the mobile screen device. NOTE: You can't upload images from a desktop computer to Instagram.
2. Tap Library (iOS) or Gallery (Android) at the bottom of the screen and select the image you'd like to share. Tap Next. Tap Next again (we advise against the use of effects or filters).
3. Tap Write a caption... and type in one of the pre-approved social media posts above. Tap OK.
4. Tap Share.

## Social media



Social media tiles can be used on Instagram or Facebook to post information about RHD and the Let's end RHD together project.

Resource title	Preview	Download links
<b>Instagram</b> 1080x1080		<a href="#">Link (green)</a> <a href="#">Link (ochre)</a>
<b>Instagram</b> 1080x567		<a href="#">Link (green)</a> <a href="#">Link (ochre)</a>

## Video

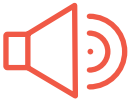


Videos can be shared on community screens in hospitals, clinics, council buildings, and other public spaces to help spread important RHD information and engage the community.

Resource title	Preview	Download links
<b>RHD story</b> (60 seconds)		<a href="#">Link</a>
<b>Quick Yarns - Skin Sores</b> (30 seconds)		<a href="#">Link</a>
<b>Quick Yarns - Sore Throat</b> (15 seconds)		<a href="#">Link</a>
<b>Quick Yarns - Washing Hands and Bodies</b> (15 seconds)		<a href="#">Link</a>
<b>Quick Yarns - Joint Pain</b> (30 seconds)		<a href="#">Link</a>
<b>Quick Yarns - Tell a Grown Up</b> (30 seconds)		<a href="#">Link</a>
<b>Acute rheumatic fever prevention</b> (30 seconds)		<a href="#">Link</a>

Visit the Let's End RHD Together [website](#) for additional video formats.

## Audio



Audio files can be used for audio broadcasts in public spaces where appropriate.

Resource title	Download links
Skin sores	<a href="#">Link</a>
Joint pain	<a href="#">Link</a>
Sore throat	<a href="#">Link</a>

## Fridge magnet



RHD resource to provide to clients and community members.

Resource title	Preview	Download links
<p>This magnet is designed to be a visual reminder about healthy habits, including going to the clinic if you have a sore throat, itchy skin or skin sores.</p> <p>85mm x 140mm</p>		<a href="#">Link</a>



Queensland Health

# Rheumatic Heart Disease Stakeholder Kit

If you have questions or comments about the RHD community resources, please contact the Queensland Health Partnerships team at:

[engagement@health.qld.gov.au](mailto:engagement@health.qld.gov.au)

🔍 Let's End RHD Together