

Dear parent/carer,

The UK Health Security Agency has reported an outbreak of Meningitis in Kent which you may have seen in the news. Meningitis is a very serious illness that progresses quickly and may need hospital care. Sadly, there have been deaths in Kent linked to this outbreak.

**The best protection is vaccination!**

Check your child's red book or speak to your GP to check their vaccines are up to date. Children in Year 9 are offered the MenACWY vaccine which protects against meningitis and sepsis. If they've missed it speak to the School Aged Immunisation Service or your GP to catch up.

**You should get medical help immediately if you're concerned about yourself or your child.** Look out for symptoms of meningitis and sepsis which include:

 <p><b>Fever and/or vomiting</b> Meningitis ✓ Sepsis ✓</p>	 <p><b>Severe headache</b> Meningitis ✓</p>
 <p><b>Limb / joint / muscle pain (sometimes with stomach pain / diarrhoea)</b> Sepsis* ✓</p>	 <p><b>Cold hands and feet / shivering</b> Sepsis* ✓</p>
 <p><b>Pale or mottled skin</b> Sepsis ✓</p>	 <p><b>Breathing fast / breathless</b> Sepsis ✓</p>
 <p><b>Rash (anywhere on the body)</b> Meningitis* ✓ Sepsis* ✓</p>	 <p><b>Stiff neck (less common in young children)</b> Meningitis* ✓</p>
 <p><b>Dislike of bright lights (less common in young children)</b> Meningitis* ✓</p>	 <p><b>Very sleepy / vacant / difficult to wake</b> Meningitis ✓ Sepsis ✓</p>
 <p><b>Confused / delirious</b> Meningitis* ✓ Sepsis* ✓</p>	 <p><b>Seizures (fits)</b> Meningitis* ✓</p>

Someone with meningitis or sepsis can get a lot worse very quickly. Trust your instincts and **do not wait for all the symptoms to appear or until a rash develops. Call 999 for an ambulance or go to [your nearest A&E](#) immediately if you think you or someone you look after could have meningitis or sepsis.**

Use [NHS 111 online](#) or call [NHS 111](#) for advice if you're not sure if it's anything serious.

If you've had medical advice and are still worried or any symptoms get worse, get medical help again.

For more information about meningitis and sepsis please see: [Meningitis and sepsis symptoms - Meningitis Research Foundation](#)

[Meningitis - NHS](#)

For more information about vaccines that can protect you and your family, please see: [NHS vaccinations and when to have them - NHS](#)

If you have any questions or concerns, please do not hesitate to contact [HealthProtection@stockton.gov.uk](mailto:HealthProtection@stockton.gov.uk)

Many Thanks!

Kind Regards,

Project & Partnership Off (Public Health)