



Dear Colleague,

Information regarding recent meningitis outbreaks

You may have seen recent news reports about cases of meningitis linked to an outbreak in Kent. We wanted to provide reassurance that the risk in North East Lincolnshire remains very low, and there are no current indications of increased meningitis activity locally. The following information may be useful to parents and caregivers, should you wish to communicate with them about the recent outbreak.

Public health teams continue to monitor the situation closely at a national and regional level, and we will share further updates if the local risk changes. At this time, no additional precautions are needed beyond routine awareness and vaccination.

Meningitis can affect anyone, but it is uncommon. Early symptoms can sometimes look like a flu like illness. It is important to seek medical advice urgently if you or your child develop any combination of the following symptoms:

- A high temperature (fever)
- Severe headache
- Stiff neck
- Sensitivity to light
- A rash that does not fade when pressed (this may not always be present)
- Vomiting
- Cold hands and feet, pale or mottled skin
- Drowsiness or difficulty waking
- Confusion

If you are concerned you can seek support by calling NHS 111 or contact your GP practice regarding routine NHS vaccination.

Call 999 or go to A&E immediately if symptoms are severe, worsening quickly, or you suspect meningitis or sepsis. Should you need to present at a healthcare setting, please inform the reception team you suspect meningitis prior to entering the building so effective isolation can take place.

Good vaccination coverage is one of the reasons the risk in North East Lincolnshire is currently low. Children and young people are offered protection against several strains of meningococcal disease through the NHS childhood immunisation programme, including:

- MenB (usually given to babies)
- MenACWY (offered to adolescents and young adults at school)

If your child or young person is up to date with their routine vaccinations, they are well protected. If you are unsure whether vaccinations are up to date, your GP practice can check and advise.



Vaccination continues to be offered to all those who are eligible as part of the national programme, parents will need to consent for their children to receive vaccination at school. While outbreaks can be concerning, they are usually localised, and they do not mean there is a wider risk across the country. Public health teams continue to work together nationally to identify cases quickly and take appropriate action.

For further information please see:

- **NHS guidance on meningitis:** [Meningitis - NHS](#)
- **UKHSA news article on the current outbreak in the south east:**
[Cases of invasive meningococcal disease notified in Kent - GOV.UK](#)
- **UKHSA blog – symptoms, risks, and how to protect yourself:**
[What is meningitis? Symptoms, risks and how to protect yourself – UK Health Security Agency](#) (This page will continue to be updated as new information becomes available.)

Thank you for helping us keep our communities informed and reassured. If further information is needed, we will ensure this is shared promptly.

Dr Rachel Trees
Health Protection Manager
Rachel.trees@nelincs.gov.uk
publichealthoncall@nelincs.gov.uk
North East Lincolnshire Council