

INFORMATION FROM NOTTS CC PUBLIC HEALTH TEAM

You may have seen news stories about the meningitis cases in Kent. **We know this can be worrying but would like to reassure you that this situation is very rare, and we have not seen cases linked to the outbreak here in Nottinghamshire.** Meningitis is passed on through close contact with another person and the risk of catching it is low. However, it can be very serious if not treated quickly, so we encourage all parents of children and young people and students to be aware of the signs and symptoms:

- Sudden onset of high temperature (fever)
- Severe and worsening headache
- Stiff neck
- Vomiting and diarrhoea
- Joint and muscle pain
- Dislike of bright lights
- Very cold hands and feet
- Seizures (fits)
- Confusion/delirium
- Extreme sleepiness/difficulty waking
- A rash that doesn't fade when pressed with a glass

MenB vaccines are only available on the NHS to those aged under 2 years, unless you are in the specific groups being offered it in response to the Kent outbreak. Other free vaccines also protect against diseases that can cause meningitis. We encourage families and young people to check whether they have missed any of their routine vaccinations. You can do this by contacting your GP practice online or by phone.

The school vaccination service is offering catch-up clinics for secondary school aged children over the Easter holidays. See [SAIS catch-up clinics | Nottinghamshire County Council](#) for further information.

For more information, please see:

[Meningitis - NHS](#)

[Meningitis: Parents, young people and students urged to check vaccination status - NHS Nottingham and Nottinghamshire ICB](#)