

Important Information About Meningitis

We are sharing the latest health information regarding meningitis following updates from national health authorities. While the overall risk of Meningitis B (MenB) outside the Kent area **remains low**, it is important for families to stay aware of symptoms and know when to seek medical help.

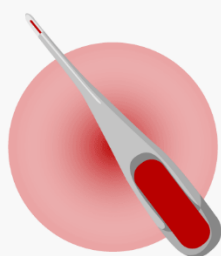
Although it can affect anyone, it is more common in:

- Babies
- Young children
- Teenagers
- Young adults

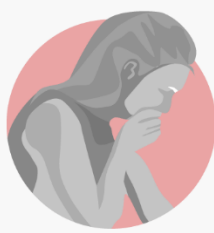
Meningitis can become very serious very quickly. If not treated promptly, it can lead to life-threatening sepsis and long-term complications.

Recognising the Symptoms

Symptoms can develop suddenly and appear in any order*



Fever



Vomiting



Severe
headache



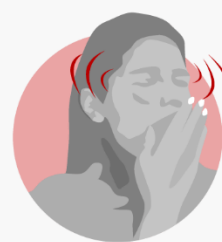
Rash



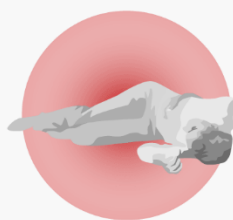
Stiff neck



Dislike of
bright lights



Drowsiness or
difficulty
waking



Seizures

*You do not always get all the symptoms

Source: NHS, CDC



Trust your instincts—if someone becomes seriously unwell, seek urgent help.

How to recognise the meningitis rash

This rash doesn't always appear but can be a sign of blood poisoning caused by meningitis



- 1 The rash appears as small, red pinpricks that might turn into red or purple blotches



- 2 The red dots don't fade when you press the side of a clear glass firmly against the skin



- 3 For dark skin, check paler areas, such as palms of the hands, soles of the feet - also look at the roof of the mouth or the inside of eyelids



- 4 Always call 999 if you find this type of rash

Source: NHS

B B C

When to Seek Medical Help

Call **999 immediately** or go straight to **A&E** if you think you or your child may have meningitis or sepsis. Do **not** wait for all symptoms to appear.

For non-emergency guidance, you can use **NHS 111 online** or call **111**.

If symptoms worsen after seeking advice, contact medical services again.

If anyone in your household becomes unwell and goes to bed, please **check on them regularly**.

At present, public health guidance confirms that no additional vaccinations are needed.

Thank you for your continued support as we prioritise the wellbeing of all pupils, families, and staff.

Mike Foley
CEO