



UK Health
Security
Agency

NHS

Information about meningococcal disease



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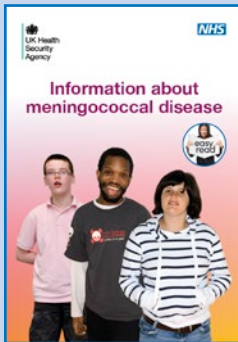
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1. About this information pack



UK Health
Security
Agency

We are the UK Health Security Agency (UKHSA). We help to keep people safe from things that could be bad for their health.



This information pack tells you about meningococcal disease and what you need to do now. It is important to read to the end.

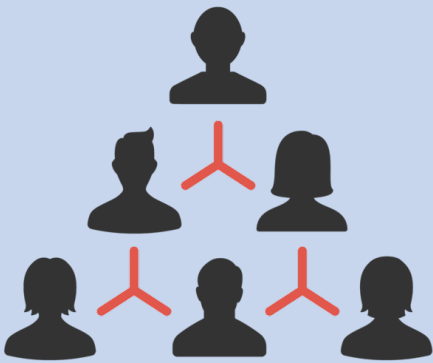


You have been given this information because you might have come into contact with the infection.



This information tells you what you need to do next to keep yourself well.

2. Important things to remember



Meningococcal disease is an illness that can spread between people. It can make some people very ill.



If you get signs of meningococcal disease, phone 999.



Check if you need antibiotics or a vaccine by:

- scanning this QR code
- visiting [Meningitis outbreak information hub | ICS](#)
- or phoning 0344 225 3861



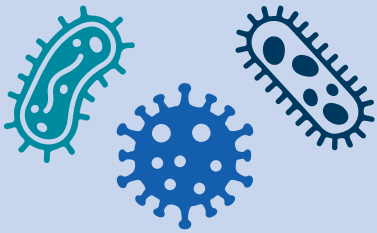
If you do need antibiotics or a vaccine, go to an antibiotic and vaccine site as soon as you can. Find out where these are by:

- scanning this QR code
- visiting **Antibiotic and vaccine clinics | ICS**
- or phoning your doctor



If you are worried, phone your GP or NHS 111.

3. Information about meningococcal disease



Meningococcal disease is caused by a type of bacteria

A bacteria is a germ that can make you ill.

How do I say it?

Men-in-jo-kok-al
Bee

There are different types of meningococcal bacteria.

Meningococcal B is one type of meningococcal bacteria. It is called MenB for short.



Most people that come into contact with someone who has MenB do not get ill and do not get any signs.



Sometimes MenB can get into your body and make you very ill. It can cause:

- meningitis – swelling around the brain
- septicaemia – a dangerous infection in your blood



You might get poorly very quickly after your signs start so it is important to know the signs and when to get help.

4. Checking for signs



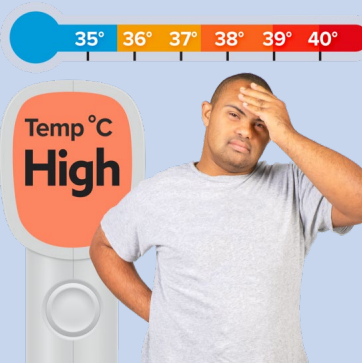
Signs are the signs in your body that you may be poorly.



The best way to stay safe is to know the signs and act quickly if they appear.



Signs can include a rash that does not go away if you push it with a glass.



Signs can include having a high temperature. A high temperature is over 39°C.

4. Checking for signs



Signs can include having very cold hands and feet.



Signs can include feeling sick, being sick and diarrhoea.

Diarrhoea is when your poo is very runny.



Signs can include new pain in your muscles and joints.



Signs can include a new dislike of bright lights and headache.



Signs can include new seizures or fits, or feeling confused.



Signs can include new tiredness and being difficult to wake up.



If you have MenB disease you might get some of these signs but not all of them.

5. What to do if you or your child becomes ill or gets signs



999

If you have signs and think that it might be MenB disease, phone 999 or go to the hospital straight away.



Do not wait. It is important that you get help quickly.



If someone else you live with or look after is unwell, check on them often.



If you are very unwell or they are very unwell, phone 999 straight away.

Always call 999 in an emergency.



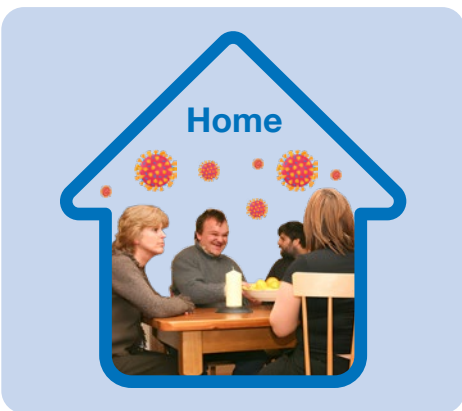
If you are worried, phone your doctor or NHS111 for advice.

NHS111 is a free non-emergency medical helpline.

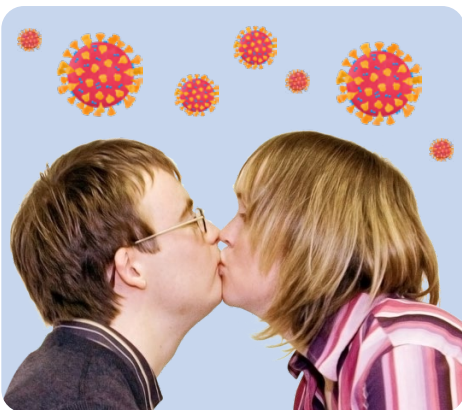
6. How meningococcal disease spreads



MenB is spread by very close contact between people.



It can be spread if you live in the same household as someone with MenB.



It can be spread by kissing.



You cannot get MenB by just touching things or by sitting next to someone who is infected.

7. Information about antibiotics



Antibiotics are a type of medicine that can help to stop you from getting the disease or spreading it to others.



Antibiotics fight the MenB bacteria if you have them in your body.



Antibiotics can prevent you from spreading MenB bacteria in case you have them in your body.

This is sometimes called 'prophylaxis'.



If you are identified as a close contact of someone who is infected, we will ask you to take an antibiotic.



Check if you are being asked to take an antibiotic by using the QR code or by going to: [Meningitis outbreak information hub | ICS](#)

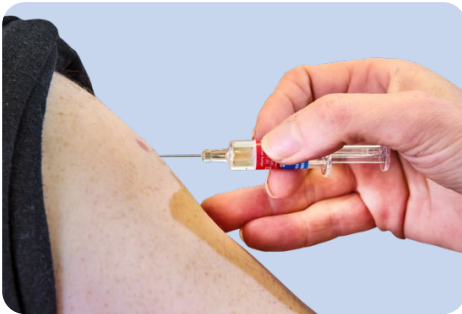


Find out about where to get an antibiotic by using the QR code or by going to: [Antibiotic and vaccine clinics | ICS](#)

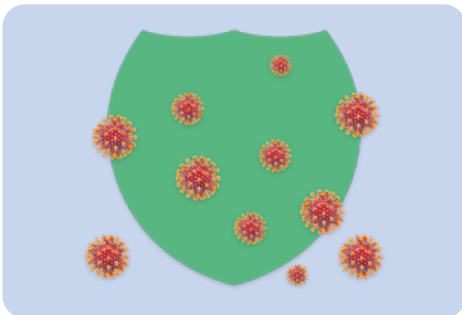
8. Information about vaccination



Vaccines can help to stop you from getting very ill from infections.



Vaccines contain a very tiny part of the bacteria or virus that causes a disease.



This is so that your body's immune system can make things called antibodies.

Antibodies are things that your immune system make to fight infections and diseases.



This means that if you catch an infection which you have already had a vaccine for, your immune system will be able to fight it better.



The MenB vaccine helps to protect you from the MenB bacteria.

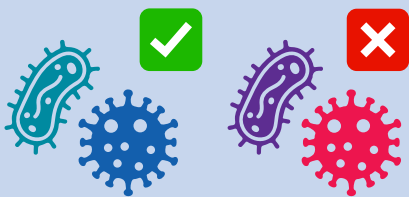
You will need 2 doses of this vaccine to give you the best protection. You will have 1 vaccine and then a second in about 1 month.



Check if you are being asked to take an antibiotic by using the QR code or by going to: [Meningitis outbreak information hub | ICS](#)



Find out about where to get a MenB vaccine by using the QR code or by going to: [Antibiotic and vaccine clinics | ICS](#)



Other types of meningococcal disease can also cause serious illnesses like meningitis and septicaemia.



You can protect yourself against some of these types by getting the MenACWY vaccine.



Talk to your Doctor if you have not had the MenACWY vaccine or are unsure if you have.

9. More information



If you have any issues accessing a vaccine or antibiotics, call: 0344 225 3861



If you have any questions about this information, call: 0344 225 3861



There is more information about MenB on the NHS website:
www.nhs.uk/conditions/meningitis



You can phone the Meningitis Research Foundation for More information:

0808 800 3344

Website: www.meningitis.org



You can phone Meningitis Now for more information:

0808 80 10 388

Website: www.meningitisnow.org

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