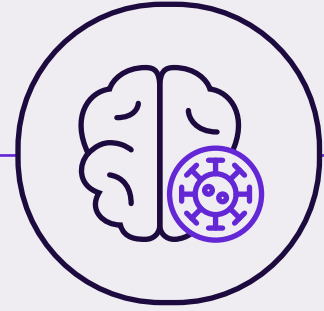


How to help protect against meningitis



What is meningitis?

Meningitis is an infection of the protective membranes that surround the brain and spinal cord.¹ There are various types of **bacteria** that can cause **meningitis** and **blood poisoning** (sepsis), one of the main causes is the bacteria **Neisseria Meningitidis** (meningococcus) known as **Meningococcal meningitis**.²

Who is at risk?

It can affect anyone, but is most common in:²



Babies



Young children

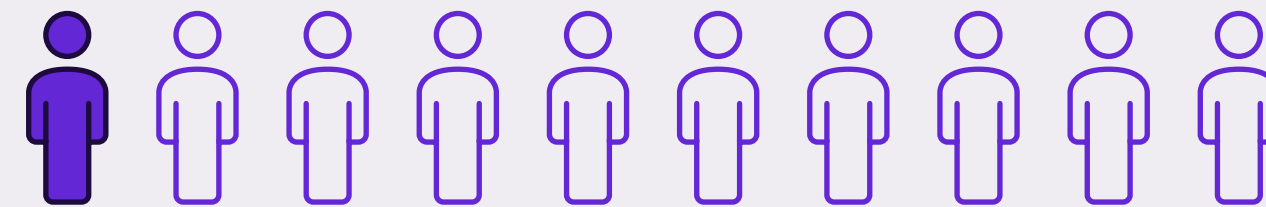


Teenagers



Young and older adults

Teenagers and young adults are at risk of infection as they are mixing closely with lots of new people, some of whom may unknowingly carry and pass on the **meningococcal bacteria**.³ The **meningococcal bacteria** live in the back of the nose and throat in about **1 in 10 people** without causing any symptoms or illness.¹



How is it spread?¹



Coughing



Sneezing

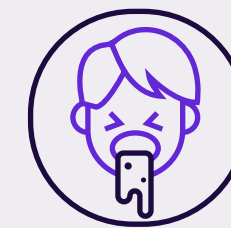


Kissing

What are the signs and symptoms?¹



High temperature



Being sick



Headaches



Blotchy rash

Symptoms can develop suddenly, in any order and some may not appear.¹ This is not an exhaustive list; consult your healthcare professional if you have any concerns

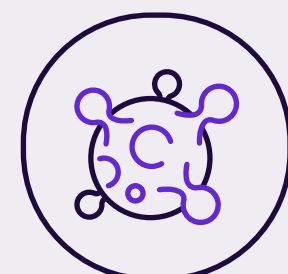
How to help protect yourself and others against meningitis



Meningococcal disease is caused by various infections and **several vaccines** are available which offer some protection.⁴ Please always speak to your healthcare professional for further advice.



Wash hands frequently, especially before eating and after using the toilet.⁵



Cover your mouth and nose with a tissue when you cough or sneeze, or use your upper sleeve or elbow.⁵



Practice good hygiene and avoid sharing food, straws/cups, eating utensils, or toothbrushes.⁵

