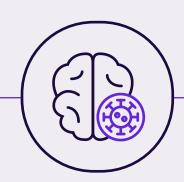
# How to help protect against meningitis





# What is meningitis?

**Meningitis** is an infection of the protective membranes that surround the brain and spinal cord.<sup>1</sup> 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.<sup>2</sup>

#### Who is at risk?

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





and pass on the meningococcal bacteria.<sup>3</sup> 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



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

### How is it spread?<sup>1</sup>

Teenagers









Coughing Sneezing Kissing

# What are the signs and symptoms?<sup>1</sup>



temperature







**Blotchy** 

Symptoms can develop suddenly, in any order and some may not appear. 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.<sup>4</sup> Please always speak to your healthcare professional for further advice.



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



Wash hands frequently, especially before eating and after using the toilet.<sup>5</sup>



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

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1. NHS (2019). Overview - Meningitis. [online] NHS. Available at: <a href="https://www.nhs.uk/conditions/meningitis/">https://www.nhs.uk/conditions/meningitis/</a>. 2. CDC (2021). Bacterial Meningitis Research Foundation (2017). New research for Meningitis Awareness Week shows teen misunderstanding that could put them at risk. Available at: https://www.meningitis-owg/news/new-research-for-meningitis-owg/new-research-for-meningitis-owg/new-research-for-meningitis-owg/new-research-for-meningitis-owg/new-research-for-meningitis-owg/new-research-for-meningitis-owg/new-research-for-meningitis-owg/new-research-for-meningitis-owg/new-research-for-meningitis-owg/new-research-for-meningitis-owg/new-research-for-meningitis-owg/new-research-for-meningitis-owg/new-research-for-meningitis-owg/new-research-for-meningitis-owg/new-research-for-meningitis-owg/new-research-for-meningitis-owg/new-research-for-meningitis-owg/new-research-for-meningitis-owg/new-research-for-meningitis-owg/new 5. Everyday Health. Understanding Meningitis. [online] Available at: https://www.everydayhealth.com/hs/understanding-meningitis-pictures/#:~:text=Wash%20Your%20Hands%20Vigorously&text=Use%20hot%2C%20soapy%20water%20and,them%20with%20a%20clean%20towell