What is Meningitis?
- Meningitis is the inflammation of the membranes that protect the brain and spinal cord.
- Anyone of any age can be affected by meningitis; infants, young children, adolescents and older people are at greatest risk.
- Meningitis can be caused by bacteria, viruses, fungi and parasites. There are a variety of vaccines available that protect against the main causes of bacterial meningitis, though not all strains or types of meningitis are vaccine preventable.

What are the symptoms?
Not all strains of meningitis are vaccine preventable, so being able to recognise the symptoms is crucial. If you think you spot the signs of meningitis, seek help immediately.

AT ANY AGE
- Fever
- Pale or blotchy skin
- Rapid breathing
- Seizures, fits or convulsions
- Irritability, drowsiness or difficulty waking
- Cold hands and feet
- Listless, less responsive
- Blank, staring expression
- Vomiting and/or diarrhoea
- Rash or spots that don’t fade with pressure*

BABIES/INFANTS:
- Loss of appetite
- Bulging fontanelle (soft spot on head)
- Neck retraction
- Unusual high-pitched cry
- Wariness of being handled

OLDER CHILDREN/ADULTS:
- Severe headache
- Wariness of bright lights
- Muscle, leg or joint pain
- Stiff neck
- Irritability, drowsiness or difficulty waking

*Not everyone who contracts meningitis will get a rash. Don’t wait for a rash to appear before getting help.

[Insert your organisation’s name and main focus (if applicable) here]
[eg. CoMO and meningococcal B meningitis]

[Use this space to tell members of the public about the strain or type of meningitis that your organisations focuses on. Here are some suggestions:]

Who are we?
[Organisation name] works to reduce the impact of meningitis in [insert your country’s name]. We provide valuable information to members of the public about the signs and symptoms of meningitis and the vaccines available through [insert activities your organisation carries out here].

Meningococcal meningitis B (or other bacteria/pathogen) [Adapt, as appropriate]
MenB is a bacteria that can cause meningitis and septicaemia in anyone at any age. In [insert your country here] this bacteria is responsible for [insert statistics here, e.g. fatalities, disabilities] [Add any more info about why this strain is the focus here, e.g. there are no vaccines for it, it is the number one cause in your country].

Vaccines
There are now two types of vaccine that can protect against MenB - Trumenba and Bexsero. [Insert here if the vaccines are available in your country and if they are privately or publically available].

Case Study
[Give an example here of a recent or well-known case of the disease in your country and info]

How to protect yourself
[Insert information on your country/state’s meningitis vaccination schedule here.]

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