MENINGITIS FACTS AND FIGURES:
- Meningitis is the inflammation of the membranes that protect the brain and spinal cord.
- Meningitis affects more than 2.8 million people from all over the world each year.
- 1 in 5 bacterial meningitis survivors develop one or more after effects.
- Even with fast diagnosis and treatment, up to 20% of bacterial meningitis patients will die.
- Meningitis can kill in 24 hours: seek urgent medical attention if you suspect the signs or symptoms.
- Anyone of any age can be affected by meningitis; infants, adolescents and older people are at greatest risk.

PHYSICAL AFTER EFFECTS:
Meningitis and septicaemia can occur together. For survivors, after effects can include:

**MENINGITIS:**
- Acquired brain injury
- Sight problems
- Hearing problems
- Learning difficulties
- Behavioural changes
- Depression
- Exhaustion
- Memory problems

**SEPTICAEMIA:**
- Limb loss
- Poor blood supply to the feet and hands
- Bone growth problems
- Organ failure
- Skin scarring

THE IMPACT OF MENINGITIS:
Family members of meningitis survivors with after effects may grieve, feel guilt, uncertainty, and undertake increased caring responsibilities.

UK research has found that:

**2.3 x** increased risk of reported depression/anxiety for family of meningitis survivors with after effects

**40%** of informal carers report more ill health than the general population

THE IMPORTANCE OF VACCINES:
- Speak to your local health care provider to see what vaccines are available to you.
- High meningitis vaccination rates can also protect unvaccinated populations from meningitis – this is known as herd immunity.
- Multiple vaccines are needed for protection against the most common types of meningitis (such as MenACWY, MenB, PPV23, Hib and MMR).
- Antibiotic resistance is where germs evolve to defeat the drugs designed to kill them. Vaccines help to stop it by preventing diseases.

HOW TO SPOT MENINGITIS:
Signs and symptoms differ depending on age. They can include one or more of the following:

**ANY AGE:**
- Cold hands and feet
- Blank expression
- Vomiting/diarrhoea
- A rash

**ADULTS:**
- Severe headache
- Dislike of bright lights
- Muscle/joint pain
- Stiff neck

**BABIES/TODDLERS**
- No appetite
- Bulging head
- High-pitched cry