MENINGITIS: MESSAGES
LAST UPDATE: MARCH 2022

About the illness
What is it?
Meningitis is an infection that affects the brain and spine. It is often spread in places where there is overcrowding and where there has been an outbreak of the disease.

Why worry?
Meningitis can cause severe brain damage and can kill you if untreated.

Signs and symptoms
Symptoms of meningitis include a stiff neck, high fever, sensitivity to light, an intense headache and vomiting.

Treatment for meningitis
Meningitis can be treated with antibiotics. These need to be prescribed by a qualified health worker. It is important that treatment be started as soon as possible.

Where to seek treatment
If you think you or your child has meningitis you need to seek help immediately. Your nearest health facility is at [insert info here]. Opening times are [insert info].

Vaccination
How to prevent meningitis
The best way to prevent meningitis is to get vaccinated. The meningitis vaccine gives you greater protection against the infection but does not last a lifetime and is not 100% effective. Contact your nearest health centre at [insert info] for information on meningitis vaccination campaigns.

What to bring with you
If you have a vaccination card, bring this with you to the vaccination centre. Do not worry if you do not have one.

Timelines for additional doses
Young children will need to be vaccinated every 2 years. Older children and adults will need to be vaccinated every five years.
REFERENCES

For more information on this topic, we recommend you read the following references.

World Health Organization (2022). Meningitis
https://www.who.int/health-topics/meningitis#tab=tab_1

https://www.who.int/news-room/fact-sheets/detail/meningitis

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