

IMPORTANT HEALTH UPDATE – MENINGITIS AWARENESS

WE ARE AWARE OF RECENT REPORTS OF INCREASED MENINGITIS CASES. WHILE CASES REMAIN RARE, IT'S IMPORTANT TO BE AWARE OF THE SIGNS AND SYMPTOMS.

SYMPTOMS TO LOOK OUT FOR:

- HIGH TEMPERATURE (FEVER)
 - SEVERE HEADACHE
 - NECK STIFFNESS
 - SENSITIVITY TO LIGHT
 - NAUSEA OR VOMITING
- CONFUSION OR DIFFICULTY CONCENTRATING
- COLD HANDS AND FEET, LIMB PAIN, PALE OR MOTTLED SKIN
- UNUSUAL DROWSINESS OR DIFFICULTY WAKING
IN BABIES AND YOUNG CHILDREN:
 - HIGH-PITCHED CRY
 - FLOPPY OR UNRESPONSIVE
 - BULGING SOFT SPOT ON HEAD
 - REFUSING FEEDS

A RASH THAT DOES NOT FADE WHEN PRESSED CAN ALSO BE A SIGN — BUT THIS IS NOT ALWAYS PRESENT.

! WHEN TO SEEK HELP:

IF YOU ARE CONCERNED ABOUT MENINGITIS, DO NOT WAIT.

 **CALL NHS 111 FOR ADVICE**

 **CALL 999 OR ATTEND A&E IMMEDIATELY IF SYMPTOMS ARE SEVERE OR WORSENING**

PREVENTION:

PLEASE ENSURE VACCINATIONS ARE UP TO DATE, INCLUDING MENACWY AND MENB WHERE ELIGIBLE.

PLEASE SEE VACCINATION HISTORY IN YOUR NHS APP.

WE UNDERSTAND THIS CAN BE WORRYING, BUT EARLY RECOGNITION AND TREATMENT ARE KEY. IF YOU ARE UNSURE, PLEASE SEEK ADVICE.

KINGSWAY SURGERY



“Your health is our priority”