

19 March 2026

Dear Colleague

RE: Meningococcal Outbreak in Kent

We are writing to you following the recent outbreak of invasive meningococcal disease in Kent. Meningococcal disease (meningitis and septicaemia) is an uncommon but serious disease caused by meningococcal bacteria. We have outlined below information from the UK Health Security Agency about the signs and symptoms of Meningococcal disease which you can share with your staff and student body.

Meningococcal infection does not spread very easily. The bacteria can only be passed to others after a long period of close contact. Although the risk is low, it is good practice for everyone to remain aware of the symptoms of meningitis and septicaemia, and to know what to do if you or someone you know has these symptoms. One or more of these symptoms may develop and they can appear in any order:

High temperature	Rapid breathing
Vomiting or diarrhoea and stomach cramps	Joint or muscle pain
	Cold hands and feet
Severe headache	Pale blotchy skin
Stiff neck	Confusion and/or irritability
Dislike of bright light	Drowsiness or difficult to wake
Rash or bruising rash	Seizures or fits

If you or someone in your care develops symptoms of meningitis or septicaemia, particularly if symptoms are getting worse, seek medical help urgently:

- at the closest Accident and Emergency Department:
- or by dialling 999

Trust your instincts and do not wait for all the symptoms to appear or until a rash develops. Someone with meningitis or sepsis can get a lot worse very quickly.

Call [NHS 111](#) for advice if you're not sure if it's anything serious. If you've had medical advice and are still worried or any symptoms get worse, get medical help again.

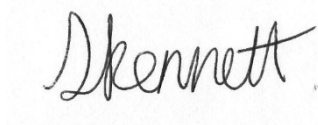
For further information please visit [UKSHA](#)

Preventative measures are also important. Vaccinations against meningitis include the:

- MenB vaccine – offered to babies aged 8 weeks, followed by a second dose at 12 weeks and a booster at 1 year
- MenACWY vaccine – offered in year 9 but if missed can be offered up to the age of 25.

For any students who may have missed their MenACWY dose (or any other routine vaccinations) catch-up clinics will be running throughout the Easter break. Details are available at [South London CYP Community Immunisations](#).

Yours faithfully

A handwritten signature in black ink that reads "S. Bennett". The signature is written in a cursive style with a large initial 'S'.

Samantha Bennett
Director of Public Health
Royal Borough of Greenwich