

## How can you help protect your child?

While practicing good hygiene can help to protect against the spread of germs, vaccination is the best way to help protect against meningococcal disease.<sup>4,8,9</sup>

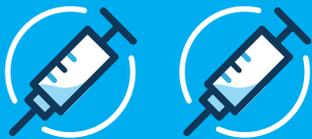


Vaccines are now available for the five major types of meningococcal disease.<sup>3</sup>

There are different types of vaccines for different types of meningococcal disease.

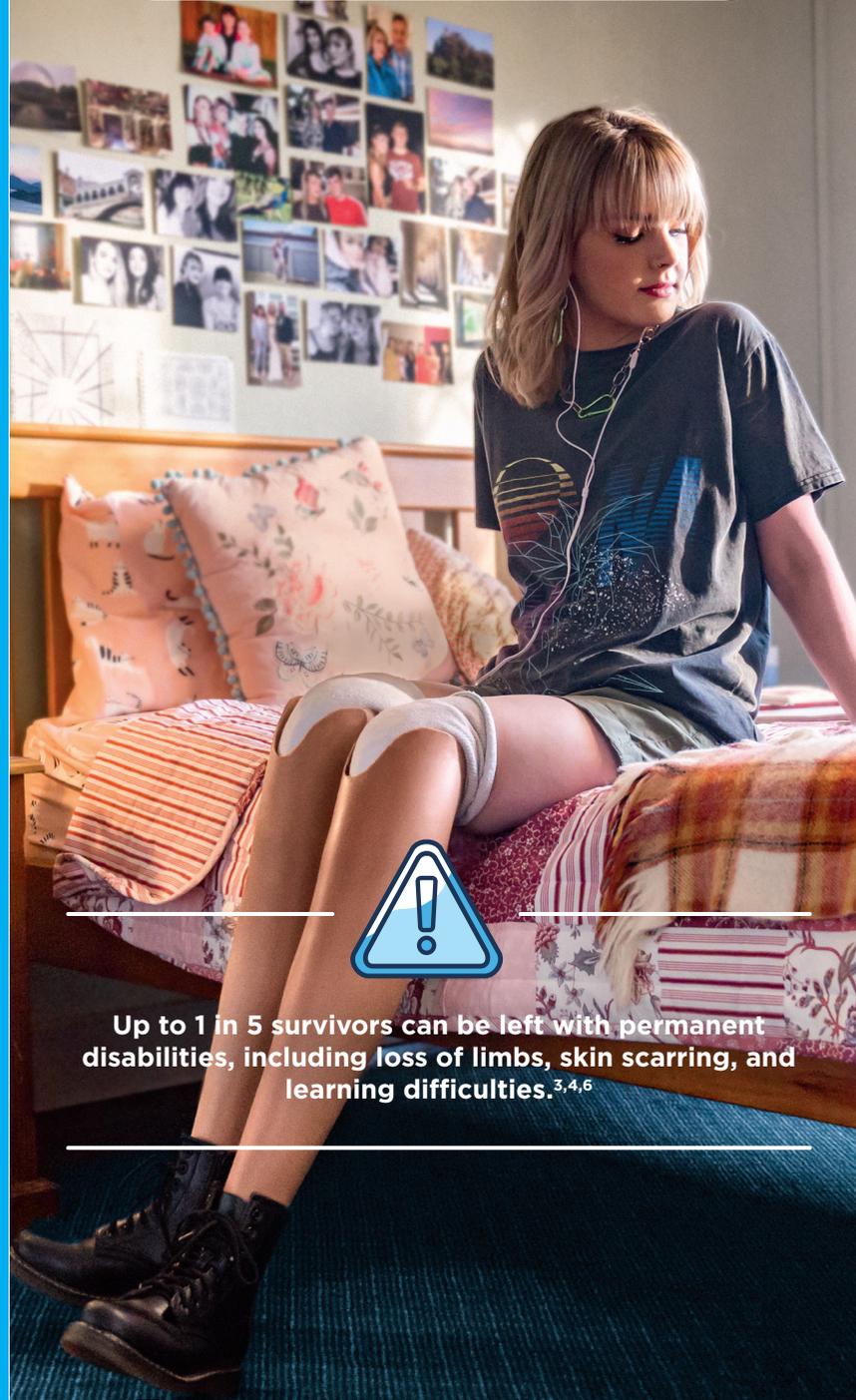
The routine childhood immunisation schedule in NZ does not currently include any vaccines to help protect against meningococcal disease.<sup>2</sup>

There is no one vaccine which covers all the different types of meningococcal disease.<sup>4</sup>



Ask your doctor or nurse if your child is missing protection from meningococcal disease.

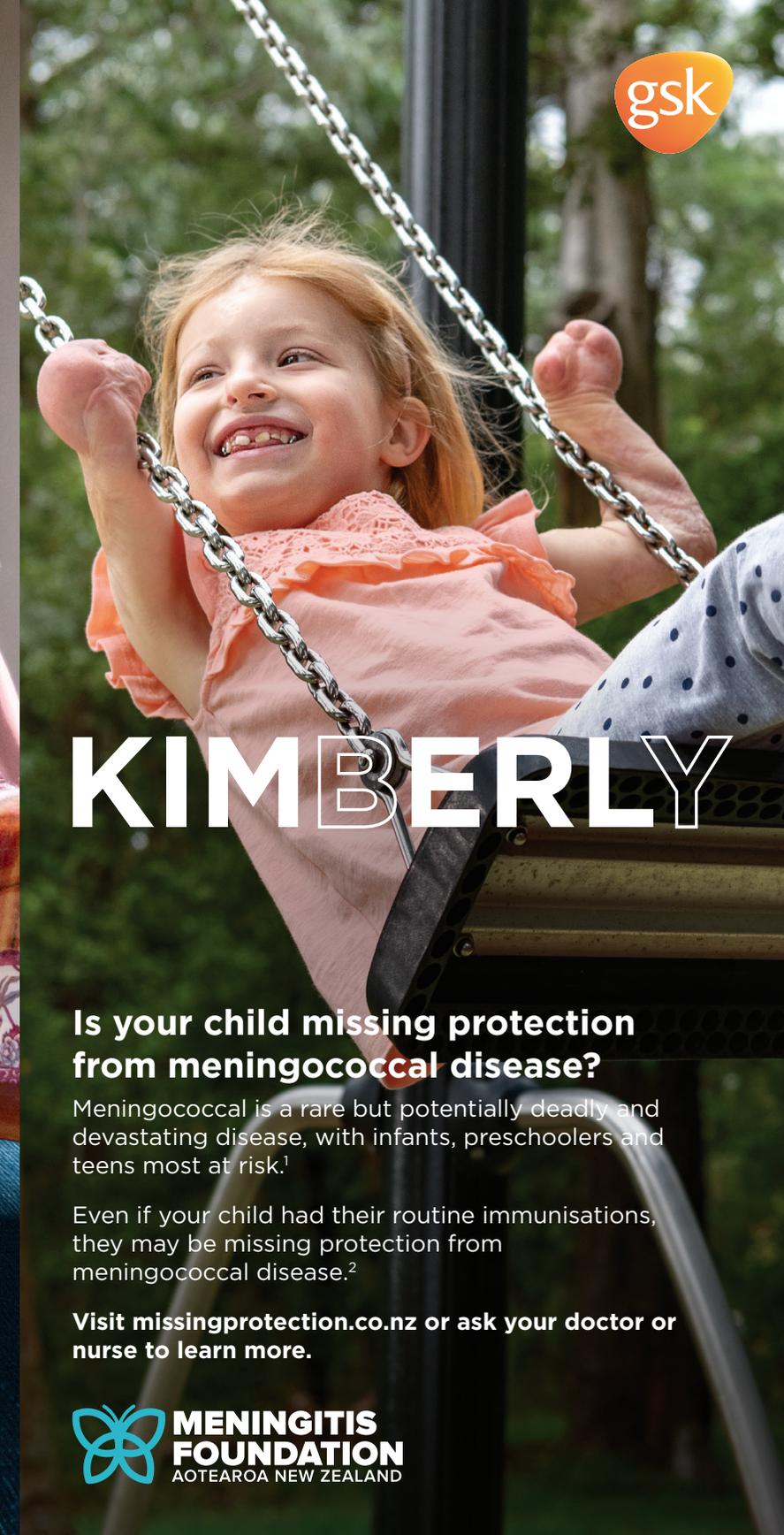
Visit [missingprotection.co.nz](https://missingprotection.co.nz) to learn more about meningococcal disease



Up to 1 in 5 survivors can be left with permanent disabilities, including loss of limbs, skin scarring, and learning difficulties.<sup>3,4,6</sup>



GlaxoSmithKline NZ Ltd, Auckland  
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# KIMBERLY

## Is your child missing protection from meningococcal disease?

Meningococcal is a rare but potentially deadly and devastating disease, with infants, preschoolers and teens most at risk.<sup>1</sup>

Even if your child had their routine immunisations, they may be missing protection from meningococcal disease.<sup>2</sup>

Visit [missingprotection.co.nz](https://missingprotection.co.nz) or ask your doctor or nurse to learn more.



## What is meningococcal disease?

Meningococcal disease (commonly known as meningitis) is an infection caused by the bacteria *Neisseria meningitidis*.<sup>3</sup> These bacteria can cause an infection of the membrane that surrounds the brain and spinal cord as well as a serious infection of the bloodstream, known as septicemia.<sup>3,4</sup>



**There are different types of meningococcal bacteria, of which there are five types that most commonly cause disease.<sup>3,4</sup>**

**A, B, C, W and Y**

## How is it spread?

Meningococcal bacteria can be spread through close contact with an infected person, such as through droplets from an infected person's cough or sneeze.<sup>3</sup> The bacteria can be carried in the nose and throat of an infected person who shows no symptoms but can spread the disease to others.<sup>3,4</sup>

## Who is at risk?

Meningococcal disease can affect anyone of any age, but infants, preschool children, adolescents and young adults are most at risk.<sup>3,5</sup>

## Is meningococcal disease serious?

Meningococcal disease is very serious and can be fatal within 24 hours after the onset of symptoms.<sup>1</sup> Even with appropriate treatment, **approximately 1 in 10 who contract the disease may not survive.**<sup>3</sup>

**Up to 1 in 5 survivors can be left with permanent disabilities, including loss of limbs, skin scarring, and learning difficulties.**<sup>3,4,6</sup>

## What are the symptoms of meningococcal disease?

The early symptoms of meningococcal disease can be hard to notice because they often start off mild, similar to those of a cold or the flu, and rapidly worsen.

Early symptoms may include:<sup>1,4,7</sup>

- **Fever**
- **Headache**
- **Vomiting**
- **Drowsiness**
- **General aches**

Later symptoms may include:<sup>1,7</sup>

- **Confusion**
- **Sensitivity to light**
- **Stiff neck**
- **Dark purple rash**

**Symptoms can be very difficult to notice in babies – in fact, they may not appear at all.** Instead babies may seem slow or inactive, become irritable, or vomit.<sup>4</sup>



**Act fast and don't wait for a rash!** In the later stages of meningococcal disease, the bacteria can enter the bloodstream and multiply, damaging the walls of the blood vessels. This can cause a dark purple rash.<sup>3</sup> If you're concerned about your child's health, **seek medical attention immediately.**

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3. World Health Organization (WHO). Meningococcal meningitis factsheet. Available at <https://www.who.int/news-room/fact-sheets/detail/meningococcal-meningitis>. Accessed September 2020
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5. The Institute of Environmental Science and Research. Invasive Meningococcal Disease Report December - January 2019. Available at: [https://surv.esr.cri.nz/PDF\\_surveillance/MeningococcalDisease/2019/MeningococcalDisease\\_Q4\\_2019.pdf](https://surv.esr.cri.nz/PDF_surveillance/MeningococcalDisease/2019/MeningococcalDisease_Q4_2019.pdf). Accessed September 2020
6. Rosenstein NE, et al. N Engl J Med 2001; 344(18): 1378-88
7. van Deuren M, et al. Clin Microbiol Rev. 2000;13(1):144-166
8. Ministry of Health website, Meningococcal disease (including meningitis) website. Available at <https://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/meningococcal-disease-including-meningitis>. Accessed September 2020
9. Centers for Disease Control and Prevention (CDC). Meningococcal Disease Prevention. Available at <https://www.cdc.gov/meningococcal/about/prevention.html>. Accessed September 2020

## A SURVIVOR'S STORY

*At 7 months old, his mother noticed he was restless, squinting at the light and had a small rash. She took him to their GP and was immediately sent to the hospital. In under 12 hours, he had multi-organ failure and remained in the ICU for four weeks. His ongoing poor health has had a tremendous impact on his psychological well-being and ability to learn.*

*He says "In surviving meningococcal disease and living with what it has done to me, I have learnt to be myself, to not be afraid to ask for anything and most of all not be ashamed of my disability. This has given me my sense of strength"*

