

MENINGOCOCCAL DISEASE

1. **Meningococcal disease is a serious infection.** If you think you or your child may have meningococcal disease, contact your doctor, hospital or after-hours medical centre or Healthline 0800 611 116 **straight away**, whatever time day or night. Say what the symptoms are.
2. **Insist on immediate action** - don't be put off- a life may be at risk. Even if a person with the symptoms listed below, has been seen by a doctor, watch them carefully. Do not leave them alone - they may get worse suddenly or need help urgently.
3. **If they get worse**, go straight back to the doctor or ring Healthline again.

What to look for

Not all these symptoms may show at once. Your child may:

- have a fever
- have high-pitched crying or be unsettled (baby or child)
- refuse drinks or feeds or vomit
- be sleepy or floppy or harder to wake
- have a stiff neck
- headache (older child or adult)
- dislike bright lights
- have a rash of red or blue spots, or bruising.

Source: Adapted from the Tamariki Ora book

For further information

- www.rph.org.nz

Supplementary

Attached is a meningococcal disease symptom card, these are also available in Te Reo, Samoan and Tongan, and can be downloaded from the [healthed website](#).

