

# MENINGITIS: MESSAGES

LAST UPDATE: MARCH 2022

## About the Message Library

People affected by disaster must have access to timely, appropriate and accurate information to help them keep themselves and their families safe and well. They should know their rights, entitlements and be able to give feedback. Responders have a duty to put in place appropriate, systematic and coordinated mechanisms to ensure this.

Our Message Library offers clear, concise and simple messages on a range of topics as templates for you to adapt and use in the context you are working in. These are intended to help you make a quick start on communicating with communities while you further develop mechanisms for on-going dialogue with diverse groups within each community.

For help contextualising and using the messages we recommend you do our e-learning course and read the following technical guidance.

### E-learning

<https://kayaconnect.org/course/info.php?id=768>

### Guidance

<https://www.cdacnetwork.org/tools-guidance/cdac-message-library-user-guidance>

## 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/health-topics/meningitis#tab=tab_1)

World Health Organization (2021). **Meningitis: factsheet**  
<https://www.who.int/news-room/fact-sheets/detail/meningitis>

### HELP US KEEP THE LIBRARY UP TO DATE

**If you would like to contribute to topic reviews, have found a message that needs greater clarity, or wish to create a new topic, please contact us at [info@cdacnetwork.org](mailto:info@cdacnetwork.org).**