

MENINGOCOCCAL (TEENAGER & ADULT)

What to watch out for
and what to do next

1 Home

if has fever and headache.

**Don't leave them alone
or be alone.**

Call Healthline on
0800 611 116 if worried

2 General Practice (GP)

if vomiting and/or upset
tummy, severe headache or if
symptoms getting worse.

Do not leave them alone.

3 ED (Emergency Department)

if hard to wake; has stiff neck;
dislikes bright lights; has rash
or spots.

**Please note: not all
symptoms may be present.**

Symptoms can progress very rapidly,
often within 24 hours.

**YOU NEED TO ACT FAST....
DON'T WAIT, TAKE ACTION.**

If you or your family member is cleared by
a doctor but you're still concerned, be vigilant.

DO NOT LEAVE THEM ALONE.

**HIGH
ALERT**

MENINGOCOCCAL

Meningococcal disease is an infection that causes two very serious illnesses: meningitis (an infection of the membranes that cover the brain) and septicemia (blood poisoning).

What to do

- A fever and headache stay at home for rest and pain relief if needed (paracetamol). Check dosage instructions.
- Make sure there is someone with you or your family/whānau member at all times.
- Ring Healthline free on 0800 611 116, anytime day or night, if you are worried.

When to get help

Call your general practice (GP) or after hours service if:

- Vomiting and/or upset tummy
- severe headache
- Symptoms are progressively getting worse over a short period of time
- Call Healthline free on 0800 611 116 if still worried, even if you have already seen a GP.
- Make sure there is someone with you or your family/whānau member at all times.

Go to the Emergency Department if:

- You can't get a same-day appointment with your general practice for the symptoms listed above
- You are sleepy, confused or hard to wake
- You have a stiff neck, joint pain and aching muscles
- You dislike bright lights
- You have a rash or spots.

You can get meningococcal more than once. Even if you have been vaccinated against MenNZB.

For more information about meningococcal, visit manageme.org.nz or healthnavigator.org.nz.

For vaccination options, contact your general practice or phone **0800 775 001, option 1**