

# Meningococcal Disease

Meningococcal disease is a rare but serious illness that most commonly affects young children, adolescents and young adults.

The community, especially parents of young children and young adults, are advised to remain alert for signs and symptoms and know what to do if the illness strikes.

Symptoms may include:

- Sudden onset of fever
- Headache
- Tiredness
- Neck stiffness
- Joint pain
- Rash of red-purple spots or bruises
- Dislike of bright lights
- Vomiting and nausea

Babies and very young children may have less specific symptoms. These may include:

- Irritability
- Difficulty waking
- High – pitched crying
- Refusing to eat

Remember a rash does not always appear and not all of the symptoms of meningococcal disease may be present at once.

Anyone displaying these symptoms should seek immediate medical care.

For more information on meningococcal disease go to [www.health.nsw.gov.au](http://www.health.nsw.gov.au)

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