

20 March 2026

Dear Parent or Carer,

Meningitis outbreak in Kent

As you may be aware, there is an ongoing outbreak of meningitis affecting university and sixth-form students in Kent.

At present, **there is no evidence that the outbreak has spread to other parts of the country.** However, we are advising parents to be alert to the symptoms of meningitis and ensure children's vaccinations are up to date.

Be meningitis aware!

If you or your child develops following symptoms and they are unwell, seek medical help immediately calling NHS 111, or dialling 999 in an emergency. Acting quickly can save lives.

Not everyone will have all [symptoms](#), but early signs may include:

- Fever
- Severe or worsening headache
- Stiff neck
- Vomiting or diarrhoea
- Joint or muscle pain
- Dislike of bright lights
- Very cold hands and feet
- Seizures
- Confusion or delirium
- Extreme sleepiness or difficulty waking
- Rash that doesn't fade when pressed with a glass (do not wait for a rash to appear before seeking medical attention)

Vaccination

There are vaccines that can protect against meningitis. Please make sure your child is up to date with the vaccinations appropriate to their age <https://www.nhs.uk/vaccinations/nhs-vaccinations-and-when-to-have-them/>

If you are unsure if your child is up to date, please contact your GP or the child and school-age immunisation team on **0300 555 5055 (option 5)**. For more information about vaccination clinics in the Luton area visit <https://familyhubs.luton.gov.uk/vaccination>

Please be assured that we are working closely with the relevant organisations to monitor the situation and are taking the necessary actions to protect people.

Kind regards,



Kelly O'Neill, Director of Public Health – Luton Council