

ADVICE ON PREVENTION OF

INVASIVE MENINGOCOCCAL DISEASE

Stay alert to recent outbreak of invasive meningococcal disease in Kent, United Kingdom

As of 19 March, 2026, at least 29 persons were affected (including 2 deaths). Some of the affected persons had visited a local nightclub called "Club Chemistry" between 5 and 7 March, and some are students at the University of Kent.

The local health authorities have been providing preventative antibiotic treatment and vaccination to University of Kent students who live on the Canterbury Campus and other relevant halls of residence; close contacts of confirmed or suspected cases; and persons who visited "Club Chemistry" in Canterbury between 5 and 15 March. Relevant students should approach the school for details on arrangement.

The disease

- Meningococcal infections are caused by the bacterium *Neisseria meningitidis*. It is transmitted via respiratory droplets from infected persons, for example through sneezing or coughing, or by direct contact with respiratory secretions.
- It can cause severe illnesses, including meningococcal septicaemia and meningitis. Symptoms include high fever, headache, skin rash, shock, stiff neck, drowsiness, vomiting, fear of bright light, or rash.
- There is a higher risk of transmission or outbreak of meningococcal infection in crowded settings including university or staff dormitories.

Prevention

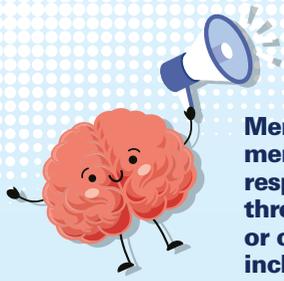
- Early detection is the key for treatment and control. Seek medical advice as soon as possible if you develop symptoms of meningococcal infection. Pay special attention if you have been to any of the high-risk areas associated with the outbreak, or have been close contacts of any suspected or confirmed cases.
- Long-term travellers and those studying abroad are advised to receive meningococcal vaccinations per the recommendations by the health authorities in the destination country.
- Stay alert and practise appropriate preventive measures. For additional information about meningococcal infection, please refer to the attached pamphlet.



衛生防護中心
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Meningococcal Infection

Meningococcal infection is caused by a bacterium known as meningococcus. It is mainly transmitted by direct contact with respiratory secretions, including droplets from the nose and throat, of infected persons. There is a higher risk of transmission or outbreak of meningococcal infection in crowded settings including university or staff dormitories.

Symptoms include sudden onset of high fever, intense headache, stiff neck, drowsiness, vomiting, fear of bright light, purpura or rash. If you feel unwell, please seek medical advice as soon as possible.

Preventive Measures

1. Maintain good personal hygiene

- Perform hand hygiene frequently. Wash hands with liquid soap and water. If hand washing facilities are not available, or when hands are not visibly soiled, perform hand hygiene with 70 to 80% alcohol-based handrub.



2. Maintain good environmental hygiene



3. Meningococcal vaccination

- High-risk individuals, including long-term travellers and those studying abroad, as well as individuals with immunodeficiency, are recommended to receive meningococcal vaccinations per the recommendations by the health authorities in the destination country.



Meningococcal Infection thematic webpage



Hand Hygiene



Use mask properly



Centre for Health Protection Website
www.chp.gov.hk



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