



Meningitis

Presentation done by :

Iryna Didushok 2436149

Sophia Robinson 1232317

Leslie De La Rosa 2436597

Jeneba Echeverria Dominguez 2438504

Jovanny Herrera 2439224

Ade Maria Martinez Feliz 2436089



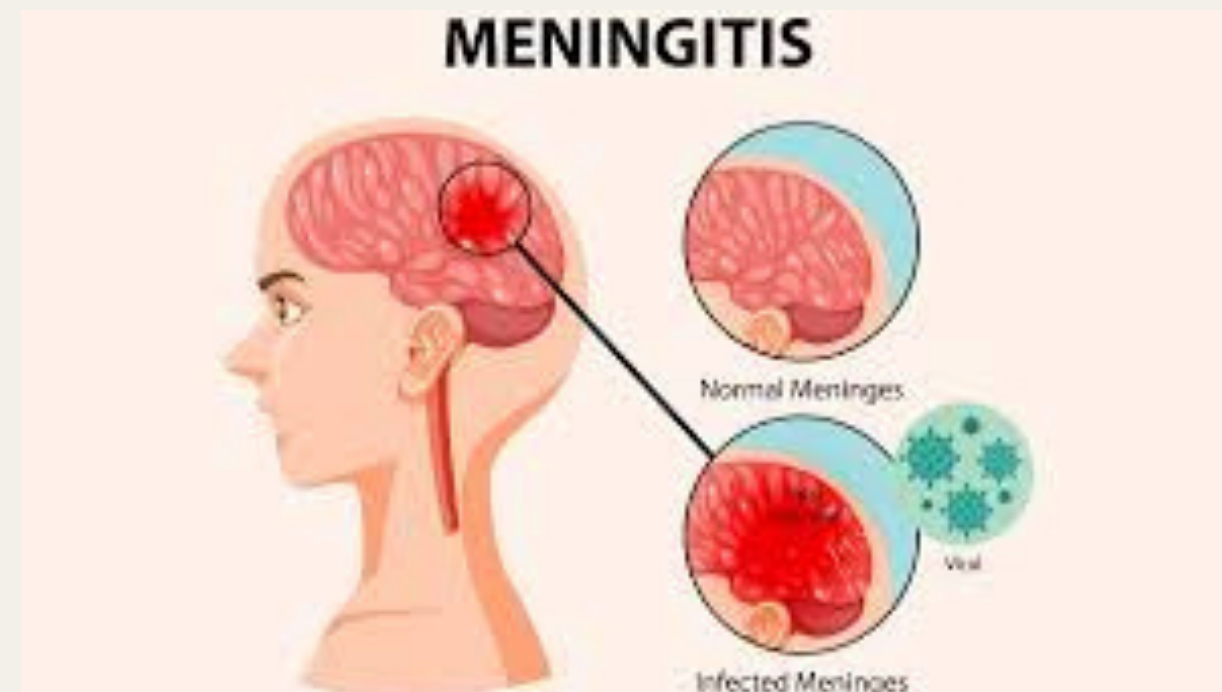


Introduction

Topic: Meningitis – a serious disease of the brain and spine.

Purpose: We will talk about what meningitis is, how it spreads, symptoms, and ways to prevent it.

Case Study: We will use an example of a college student in the UK to explain the outbreak.



Causes and seriousness

- It can be bacterial, viral, or fungal.
- Bacterial meningitis is very serious and needs treatment fast.
- It is very serious if not treated fast.
- It can cause blood infection (sepsis) and brain or nerve damage.

What is Meningitis?

Meningitis is sickness of the brain and spine membranes.

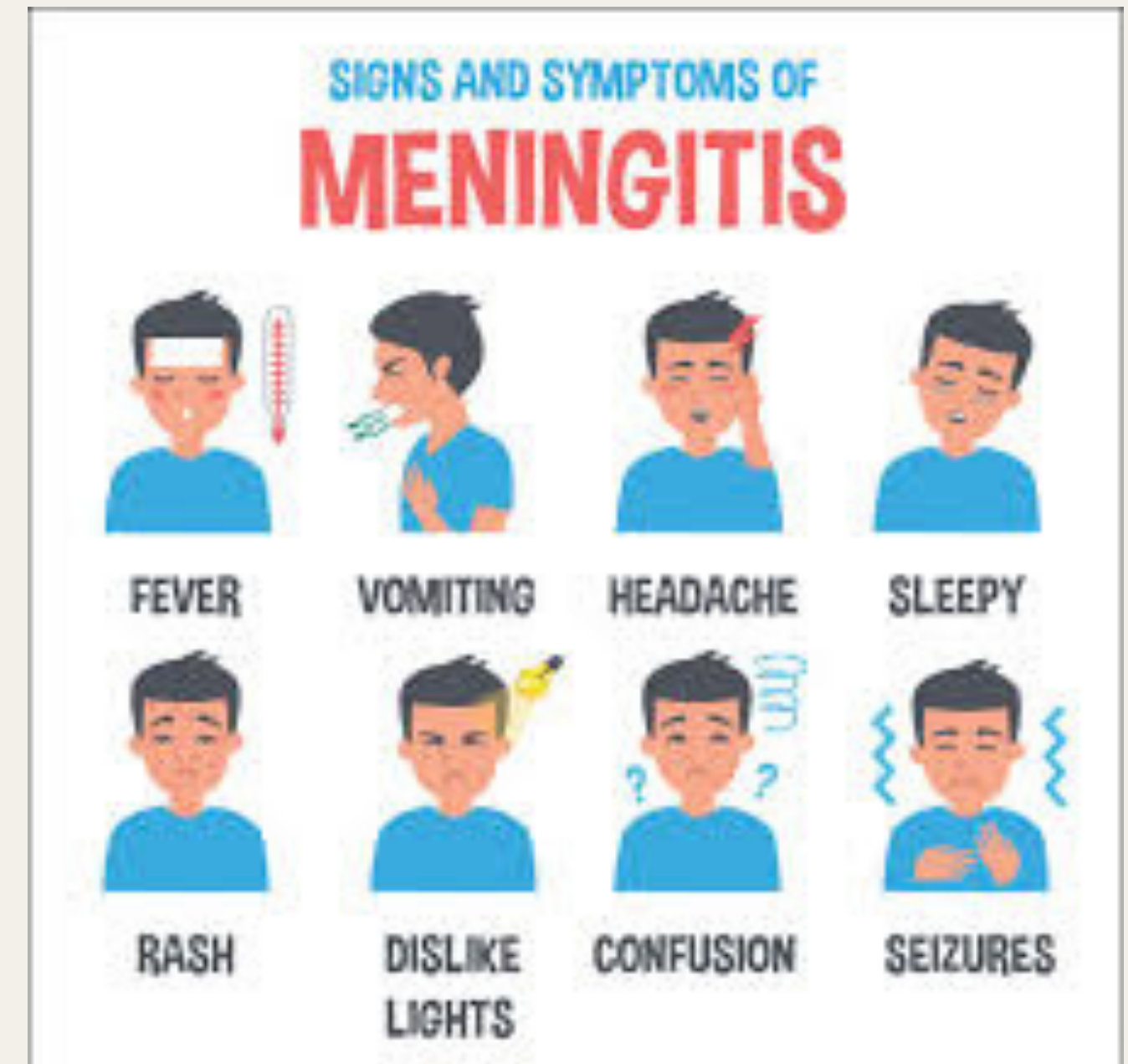
Meningitis can happen to anyone, but it is common in babies, children, and young people.

THE DIFFERENCE BETWEEN VIRAL AND BACTERIAL MENINGITIS

Characteristics	Bacterial Meningitis	Viral Meningitis
Causative agents	•Streptococcus pneumoniae; •Neisseria meningitides; •Haemophilus influenzae, etc.	Echovirus; Poliovirus; Coxsackie, etc;
Spreading	Through contact with fluids from the mouth or nose of a sick person.	Through saliva or stool

||||||| Symptoms

- People with meningitis feel very sick.
- Common symptoms are fever, headache, stiff neck, and rash.
- Some feel nausea, vomiting, or light sensitivity.



Meningitis can look different in adults and babies.

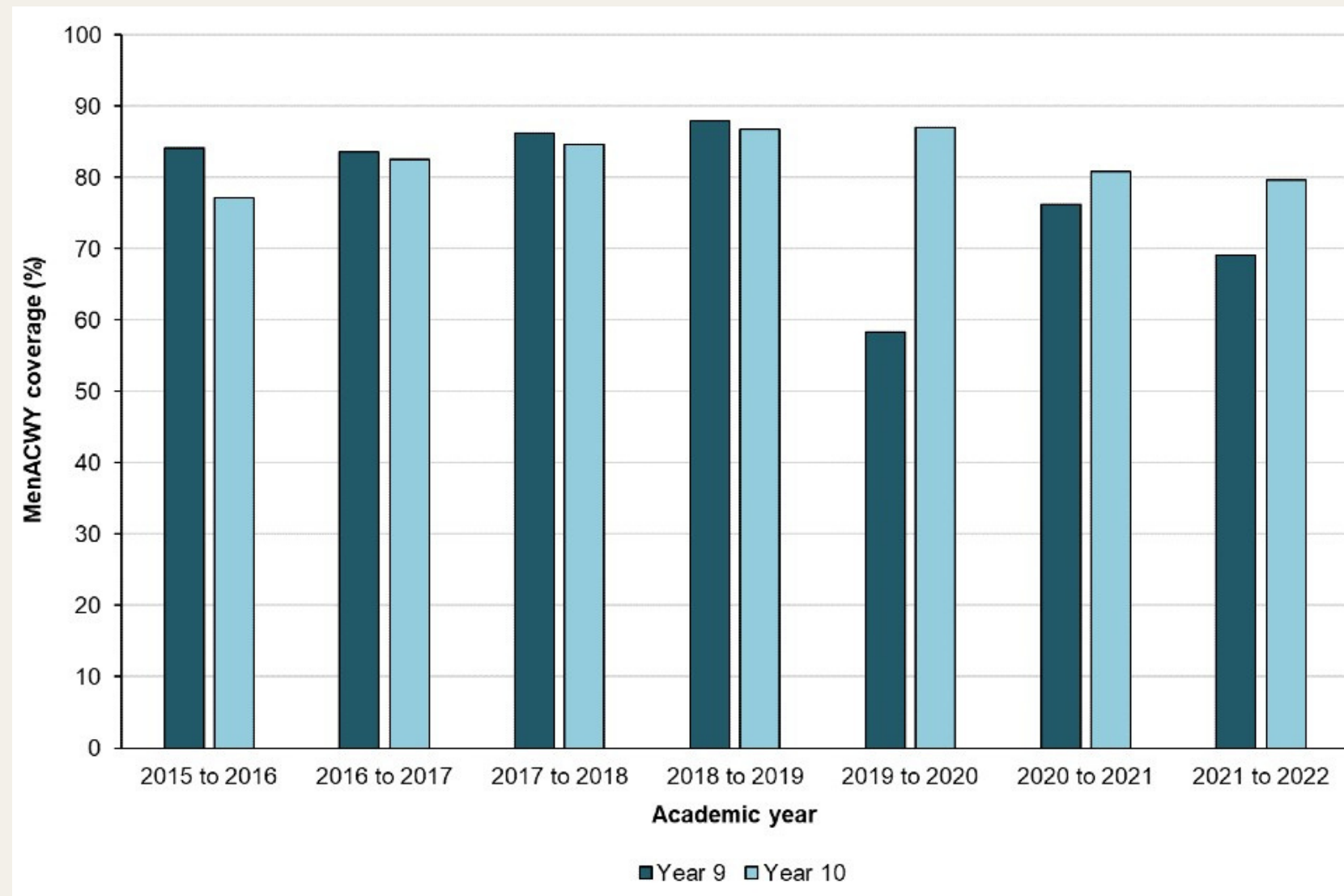
Adults usually have a high fever, strong headache, stiff neck, and dislike bright light.

Babies may cry a lot, not want to eat, have cold hands or feet, or a swollen soft spot on the head.

Both adults and babies can be very tired or confused.



UK Case Study / Statistics



A 19-year-old student in the UK got bacterial meningitis while studying at college.

She had a headache, fever, and neck pain. Her condition became worse very fast.

The hospital confirmed meningitis, and her close friends were checked and received preventive treatment.

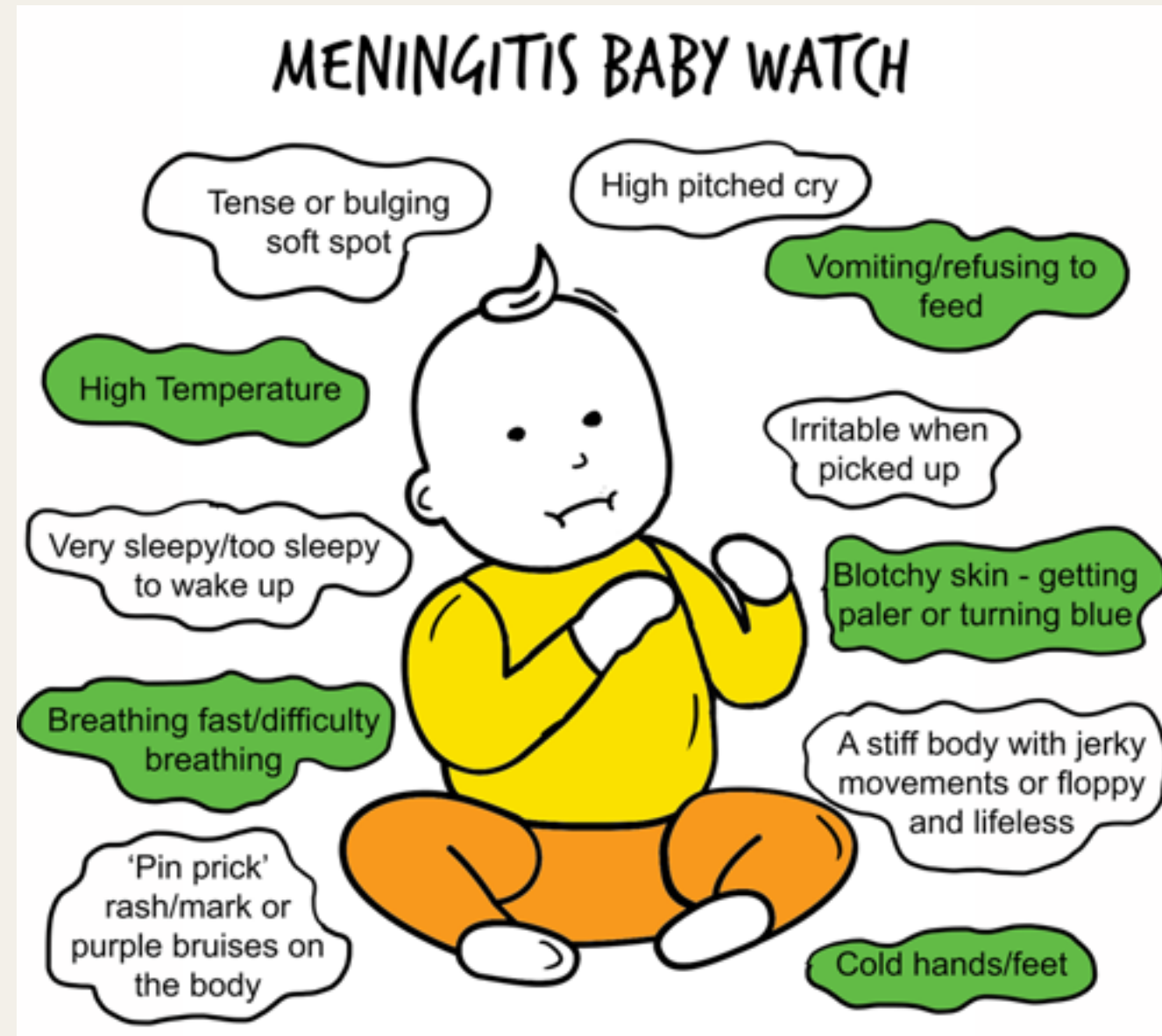
After several days in intensive care, she started to recover, but doctors said early treatment saved her life.

- Meningitis is more common in college students.
- In 2024, there were about 65 cases in people aged 15–19.
- 1 in 8 new students is not protected by vaccine.
- Living in student halls increases the risk.



References

1. UK Health Security Agency (2024). Invasive Meningococcal Disease in England. Available at: <https://www.gov.uk> (Accessed: 23 October 2025).
2. Meningitis Now (2024). Sharp Rise in Meningitis Cases in England. Available at: <https://www.meningitisnow.org> (Accessed: 23 October 2025).
3. UK Health Security Agency (2025). MenACWY Vaccine Coverage for Students. Available at: <https://www.gov.uk> (Accessed: 30 October 2025).
4. NHS Digital (2025). Meningococcal Disease: Laboratory-Confirmed Cases in England. Available at: <https://digital.nhs.uk> (Accessed: 25 October 2025).



Measuring Meningitis in the UK

- Meningitis affects babies, students, and young adults - these age groups are most at risk
- It affects mainly young children – they are 43% of all deaths.
 - Hospitals and labs report cases to NHS and UKHSA.
 - In England, 2.3% of people with serious meningitis died in 2023/24.

Data & Example

- In 2022/23, there were 396 confirmed meningitis cases in England.
 - Most cases happened in young people, babies, and students.
 - Hospitals and labs reported every case to the NHS and UKHSA to track the disease.
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- Example: The first case at a university caused the campus to act quickly with checks, cleaning, and informing students.





References

1. UK Health Security Agency (2024). Invasive Meningococcal Disease in England. [gov.uk](https://www.gov.uk)
2. Meningitis Now (2024). Sharp Rise in Meningitis Cases in England. meningitisnow.org



Monitoring Systems

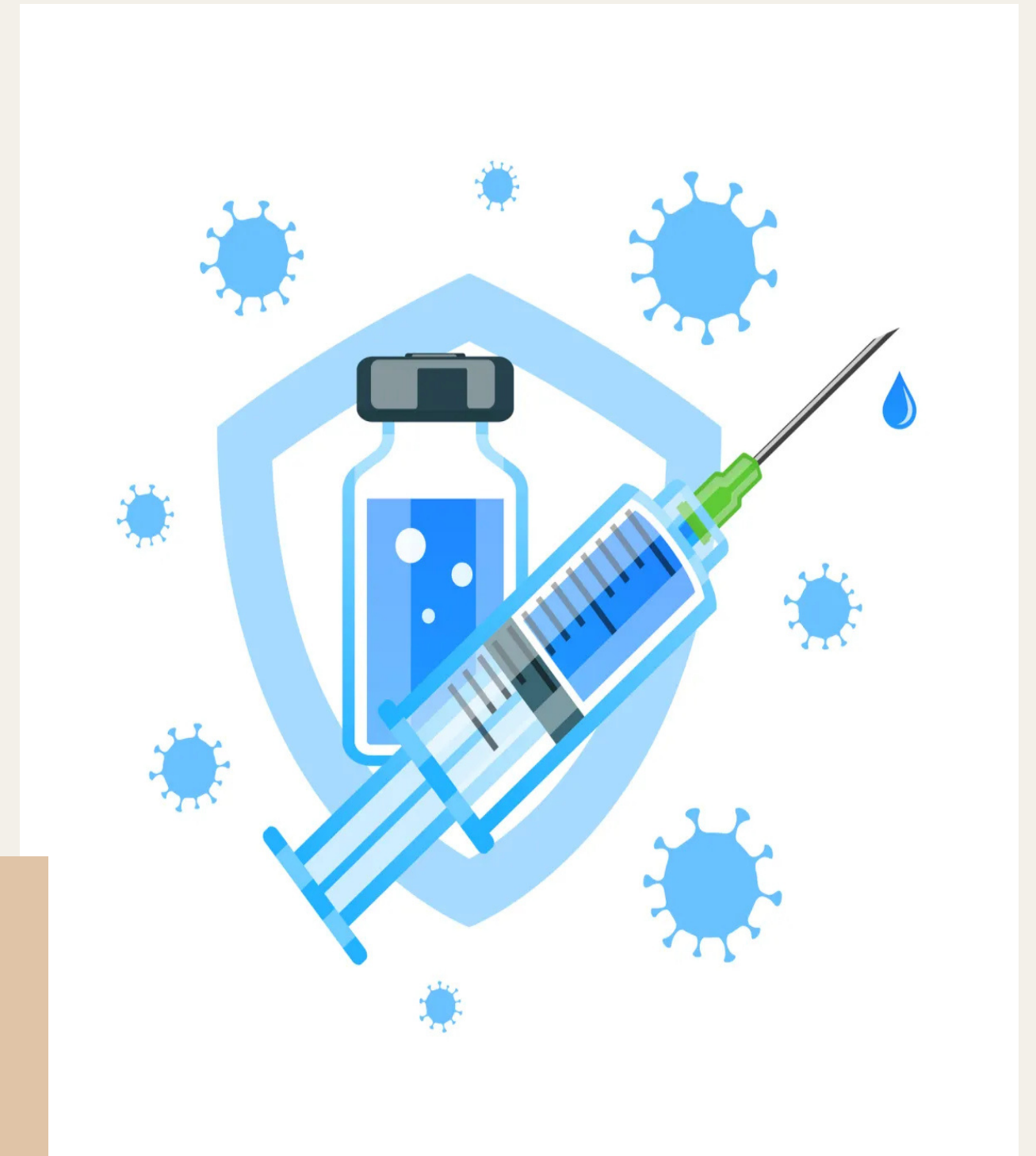
- NHS and UKHSA monitor meningitis cases.
- Doctors, hospitals, and labs send information to them.
- Monitoring shows if cases increase and helps control spread.
- It also helps track who needs vaccines.





Vaccination & Example

- Vaccines tracked: MenB, MenACWY, Hib, MMR.
- Example: Student's classmates checked vaccination to prevent more cases.
- Monitoring data helps prevent outbreaks in schools.
- Vaccines coverage data helps health workers plan campaigns.





References

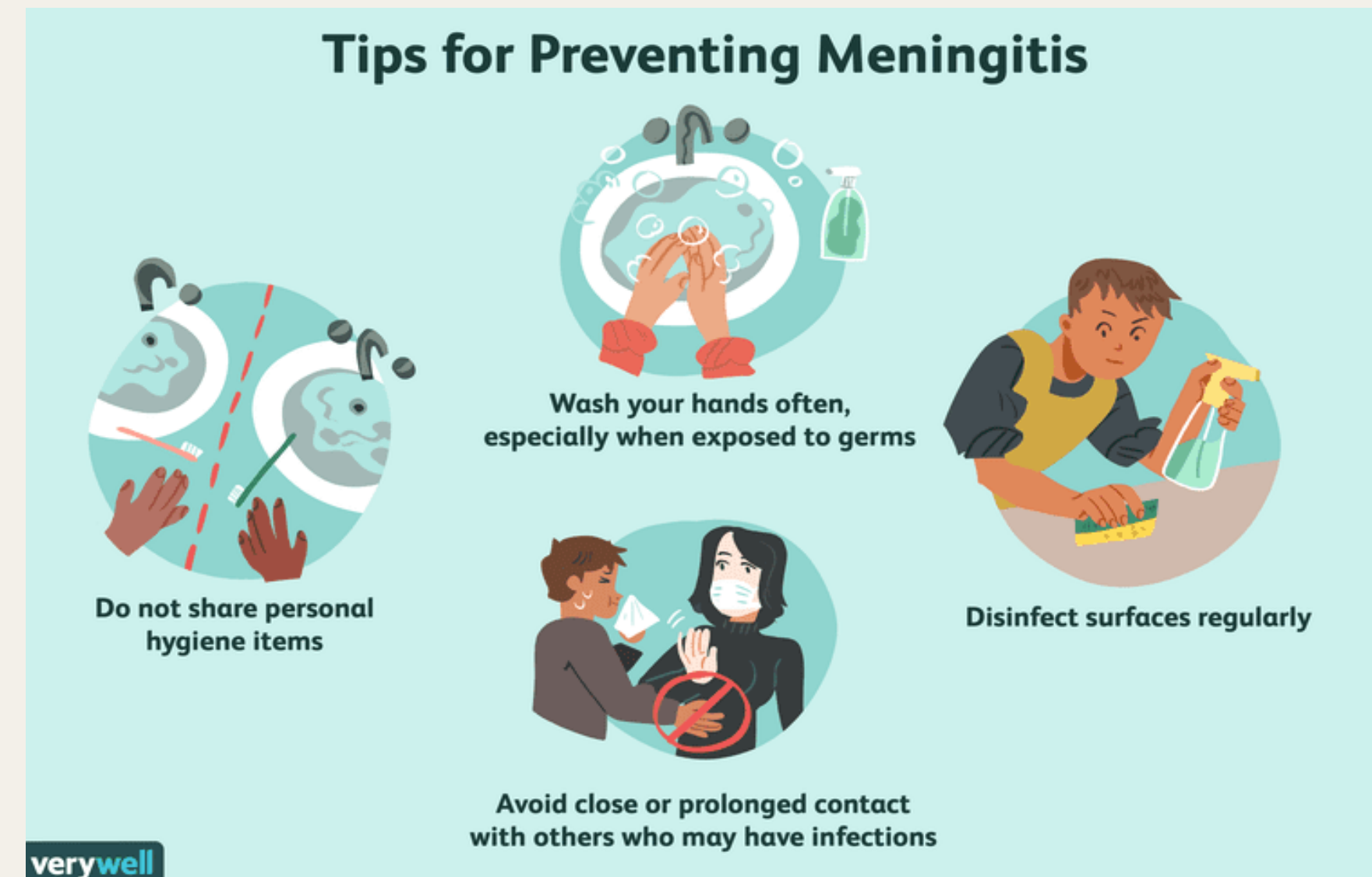
- 1. UK Health Security Agency (2025). MenACWY Vaccine Coverage for Students. gov.uk
- 2. NHS Digital (2025). Meningococcal Disease: Laboratory-Confirmed Cases in England. nhs.uk



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Control Strategies

- Vaccines, antibiotics, good hygiene help control meningitis.
- Schools clean areas, separate people, and watch for new cases.
- Controlling the outbreak reduces new infections.
- Quick treatment helps prevent serious illness.



Case Example

- The dormitory was closed, and close friends got medicine.
- Good hygiene and PPE helped stop the infection.
- Quick action protected many students.
- Everyone followed health rules, so the outbreak stayed small.
- This case shows that early action can save lives.
- Education and awareness are very important to prevent future cases.





References

- 1. UK Health Security Agency (2024). Invasive Meningococcal Disease in England. gov.uk
- 2. Meningitis Now (2024). Meningitis Now Welcomes the Decline of Meningococcal Disease. meningitisnow.org
- 3. UK Health Security Agency (2025). MenACWY Vaccine Coverage for Students. Available at: <https://www.gov.uk>



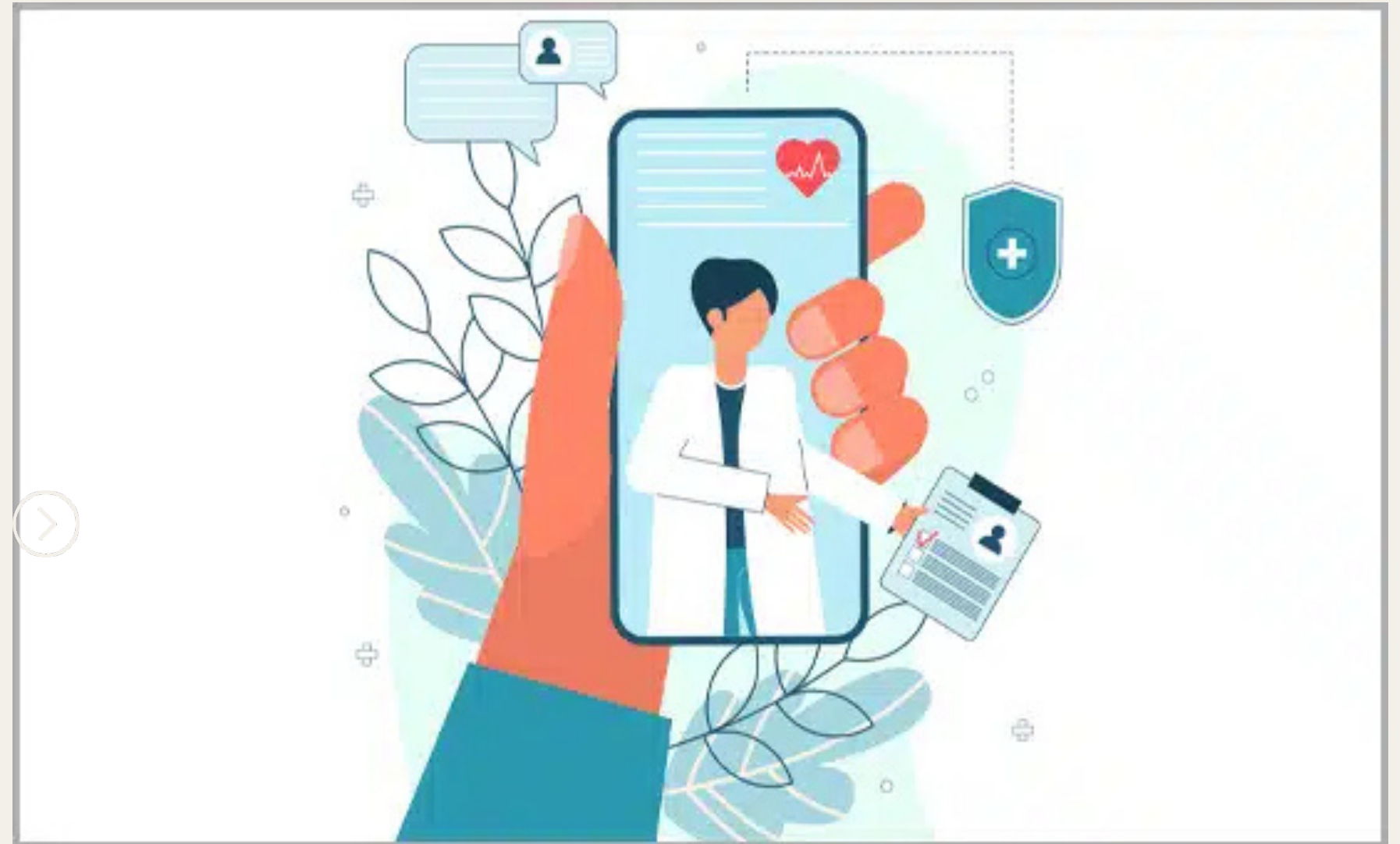
Government Policies & Plans



- NHS Long Term Plan helps prevent and treat meningitis.
- Free vaccines for students and young people vaccination program was introduced to target high-risk groups like 14- to 18-year-olds and university freshers to prevent outbreaks.
- Policies help protect all communities.
- Health promotion campaigns teach people about meningitis.

Digital Tools & Case Study

- Digital tools track cases and teach people about meningitis.
- University followed NHS guidance during outbreak.
- Technology helps monitor vaccine coverage and alert health workers.
- Policies make school and university outbreaks easier to manage.





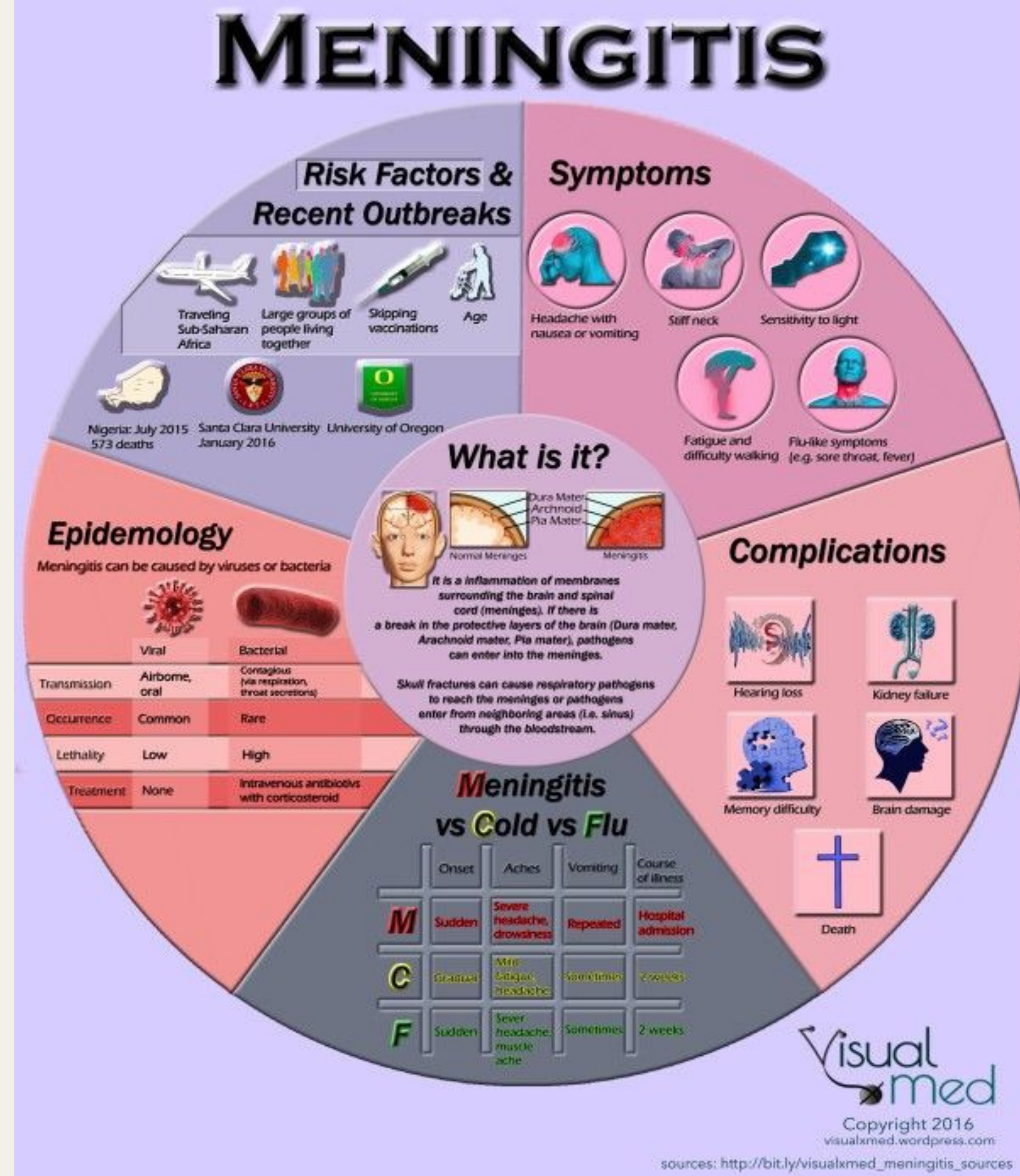
References

- UK Health Security Agency (2025). MenACWY Vaccine Coverage for Students. gov.uk
- NHS Digital (2025). Meningococcal Disease: Laboratory-Confirmed Cases in England. nhs.uk

HEALTH EDUCATION

- Schools use posters, talks and checks to each about meningitis
- Students learn to recognize symptoms early
- Education helps prevent spread
- Students and staff know what to do if someone is sick

Jeneva



CONCLUSION

- Early education helped stop further spread of Meningitis at College
- Prevention, monitoring and teamwork
- Quick treatment and vaccination can save lives and reduce illness
- Everyone following health rules
- School universities and the NHS services can reduce cases in the community



References

UK Health Security Agency (2025). MenACWY Vaccine Coverage for Students. gov.uk



NHS Digital (2025). Meningococcal Disease: Laboratory-Confirmed Cases in England. nhs.uk

Meningitis Now (2024). Meningitis Now Welcomes the Decline of Meningococcal Disease but Stresses There Is More Work to Be Done.



Thank You

