

## KNOW THE SIGNS & SYMPTOMS

Early symptoms of meningococcal disease may appear mild – similar to those of a cold or the flu. However, symptoms can progress quickly and may include:<sup>14</sup>



High fever



Stiff neck



Dislike bright lights



Vomiting



Sleepiness



Sometimes, red or purple spots or bruises on the skin

### Additional symptoms in babies may include:

Cold hands and feet or shivering, being floppy or harder to wake, unusual crying and refusal to eat.

### Additional symptoms in older children and adults may include:

Headache, confusion, joint pain and aching muscles.

**Don't wait for spots to appear before getting medical help. Seek medical attention immediately if you see one or more of the symptoms above<sup>14</sup>**

## FOR MORE INFORMATION



0800 611 116  
24 hours a day



0800 466 863  
www.immune.org.nz



www.meningitis.org.nz

**MENINGITISB.CO.NZ**



1. van Deuren M, et al. *Clin Microbiol Rev*. 2000;13(1):144–166. 2. Thompson MJ, et al. *Lancet* 2006; 367(9508): 397–403. 3. GlaxoSmithKline NZ. *Bexsero* Data Sheet 2020. Available at: <http://www.medsafe.govt.nz/profs/Datasheet/b/bexseroinj.pdf> Accessed 19 October 2020. 4. Immunisation Advisory Centre. *Bexsero: A vaccine to protect against meningococcal group B disease Fact Sheet*. Available at <https://www.immune.org.nz/sites/default/files/resources/Written%20Resources/NonprogrammeVaccineBexseroImac20200630V01Final.pdf>. Accessed 19 October 2020. 5. Rosenstein NE, et al. *N Engl J Med* 2001; 344(18): 1378–88. 6. The Institute of Environmental Science and Research. *Invasive Meningococcal Disease Report January–December 2019*. Available at: [https://surv.esr.cri.nz/PDF\\_surveillance/MeningococcalDisease/2019/MeningococcalDisease\\_Q4\\_2019.pdf](https://surv.esr.cri.nz/PDF_surveillance/MeningococcalDisease/2019/MeningococcalDisease_Q4_2019.pdf) Accessed 29 October 2020. 7. Christensen H, et al. *Lancet Infect Dis* 2010;10:853–61. 8. Ministry of Health, Wellington. *Meningococcal disease (including meningitis). Summary Tab*. Available at: <https://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/meningococcal-disease-including-meningitis> Accessed 19 October 2020. 9. The Institute of Environmental Science and Research. *The Epidemiology of Meningococcal Disease in NZ 2008–2013 Surveillance Reports*. Available at: [https://surv.esr.cri.nz/surveillance/Meningococcal\\_disease.php](https://surv.esr.cri.nz/surveillance/Meningococcal_disease.php) Accessed 19 October 2020. 10. The Institute of Environmental Science and Research. *Notifiable Diseases in New Zealand Annual Surveillance Reports 2014–2016*. Available at: [https://surv.esr.cri.nz/surveillance/annual\\_surveillance.php](https://surv.esr.cri.nz/surveillance/annual_surveillance.php) Accessed 19 October 2020. 11. The Institute of Environmental Science and Research. *Meningococcal disease epidemiology data request*. GSK. 2017. 12. Immunisation Advisory Centre. *NZ National Immunisation Schedule*. Available at: <http://www.immune.org.nz/new-zealand-national-immunisation-schedule> Accessed 19 October 2020. 13. Ministry of Health. *Immunisation Handbook September 2020*. Available at <https://www.health.govt.nz/our-work/immunisation-handbook-2020>. Accessed 19 October 2020. 14. Ministry of Health. *Meningococcal Disease – Don't Wait Take Action*. Available at: <https://www.health.govt.nz/resource/meningococcal-disease-dont-wait-take-action> Accessed 19 October 2020

*Bexsero (Multicomponent Meningococcal group B Vaccine)* is for immunisation against invasive disease caused by *N. meningitidis* group B from 2 months of age or as per official recommendations. *Bexsero* is available as an unfunded prescription medicine – you will have to pay normal doctor's visit fees and a prescription charge. A trained pharmacist can also administer *Bexsero* to a person aged 16 years and older. A 0.5 mL dose contains 50mcg of *Neisseria meningitidis* Group B *Neisseria* Heparin Binding Antigen fusion protein, 50mcg of *Neisseria meningitidis* Group B *Neisseria* Adhesin A protein, 50mcg of *Neisseria meningitidis* Group B Factor H Binding Protein fusion protein, 25 mcg of Outer membrane vesicles (OMV) from *Neisseria meningitidis* group B strain NZ98/254 measured as amount of total protein containing the PorA P1.4. *Bexsero* has risks and benefits. Use strictly as directed. ***Bexsero* should not be administered** if you or your child are hypersensitive to any component of this vaccine. **Common side effects** Infants & Toddlers: eating disorders, sleepiness, unusual crying, diarrhoea, vomiting, rash, fever ( $\geq 39.5^{\circ}\text{C}$ ), injection site reactions, irritability, arthralgia. Adolescents & Adults: headache, nausea, injection site reactions, malaise, myalgia, arthralgia. If you or your child have side effects, see your doctor, pharmacist, or health professional. Additional Consumer Medicine Information for *Bexsero* is available at [www.medsafe.govt.nz](http://www.medsafe.govt.nz). **Ask your doctor if *Bexsero* is right for you or your child.** *Bexsero* is a registered trade mark of the GlaxoSmithKline group of companies. Marketed by GlaxoSmithKline NZ Limited, Auckland. NA12540-PM-NZ-BEX-LBND-20DEC0004

**Adverse events involving GlaxoSmithKline products should be reported to GSK Medical Information on 0800 808 500.**

# Meningococcal B (commonly known as meningitis) can change life in a moment<sup>1,2</sup>



**Thankfully, *Bexsero* is available to help protect against it.<sup>3</sup>**

A parent's guide to understanding meningococcal B disease



## WHAT IS MENINGOCOCCAL DISEASE?

Meningococcal disease is an uncommon but serious infection caused by the bacteria *Neisseria meningitidis*. A person with meningococcal disease can develop meningitis (inflammation of the membrane around the brain), septicaemia (blood infection) or pneumonia. It strikes and progresses quickly - usually without warning.<sup>2,4</sup>

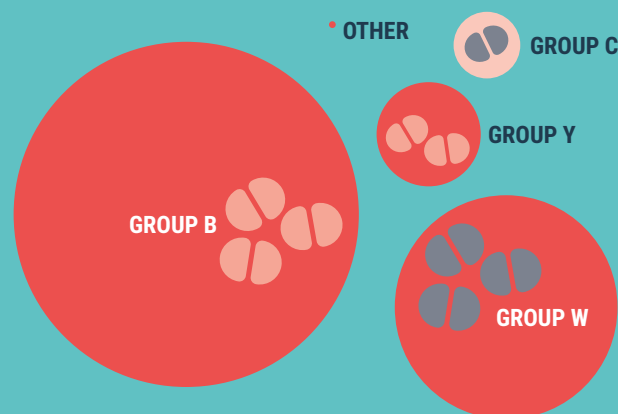
### ABOUT 1 IN 10 INFECTED WITH MENINGOCOCCAL DISEASE CAN DIE, SOMETIMES WITHIN 24 HOURS<sup>2,4,5</sup>

And up to 1 in 5 can suffer from serious long-term disabilities, including brain damage, deafness, and limb loss.<sup>4,5</sup>



### GROUP B IS THE MOST COMMON CAUSE OF MENINGOCOCCAL DISEASE CASES IN NEW ZEALAND.<sup>\*6</sup>

There are several different groups of meningococcal bacteria, of which there are five groups that most commonly cause disease (A, B, C, W and Y).<sup>8</sup>

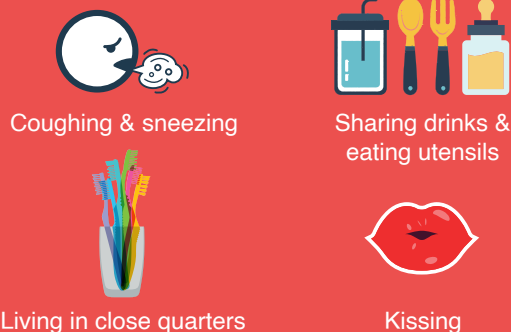


\*of those cases that could be typed, 2019 ESR data

## HOW IS IT SPREAD?

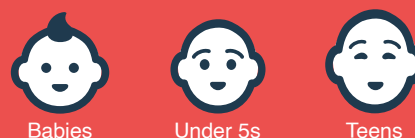
The bacteria that cause meningococcal disease live within the nose and throat. Around 10 - 20% of people will carry the bacteria at any one time, without ever becoming ill.<sup>7</sup>

They can be spread through everyday behaviours, including:<sup>8</sup>



## WHO'S AT RISK?

Anyone can get meningococcal B, however babies and children under 5 are at most risk, followed by teens.<sup>9,10</sup>



In New Zealand, over half of meningococcal B cases occur in children under 5 years of age.<sup>11</sup>

## IS YOUR CHILD OR TEEN PROTECTED AGAINST MENINGOCOCCAL B?

Probably not. The New Zealand National Immunisation Schedule does not currently include a vaccine to protect against meningococcal B.<sup>12</sup>



Some people would have received the MeNZB<sup>TM</sup> vaccine between 2004 and 2008. MeNZB was temporarily introduced in New Zealand to control an epidemic of meningococcal B. The protection from this vaccine was not long-lasting, so these people are unlikely to still be protected against meningococcal B.<sup>13</sup>

### MOST NEW ZEALANDERS ARE NOT CURRENTLY PROTECTED AGAINST MENINGOCOCCAL B<sup>12,13</sup>

## BEXSERO IS A VACCINE THAT CAN HELP PROTECT AGAINST MENINGOCOCCAL B<sup>3</sup>

*Bexsero* is given by injection and the number of doses needed depends on the age of the person being vaccinated.<sup>3</sup>

*Bexsero* is not currently included on the New Zealand National Immunisation Schedule so you will need to pay for *Bexsero*.<sup>12</sup>

As with other vaccines, *Bexsero* has benefits and risks.<sup>3</sup>

**Ask your healthcare professional about vaccination with *Bexsero* to help protect against meningococcal B.<sup>3</sup>**