



# Winterton Community Academy

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Headteacher – Mr K Rowlands

Ref: KR/ AW/PH

30<sup>th</sup> March, 2026

Dear Parents / Carers,

We have received the following information from the Director of Public Health with regards to meningitis and therefore felt it was appropriate to share this information with you for your awareness.

The risk in North Lincolnshire remains very low, and there are no current indications of increased meningitis activity locally. Public health teams continue to monitor the situation closely at a national and regional level and we will share further updates if the local risk changes. Currently, no additional precautions are needed beyond routine awareness and vaccination.

## About meningitis and meningococcal disease

Meningitis is usually caused by bacteria or viruses, with bacterial meningitis being less common but more serious than viral meningitis. If an individual has bacterial meningitis it usually needs to be treated in hospital for at least one week. Viral meningitis tends to get better on its own within 7 to 10- days and can often be treated at home. Further information, including information on how you can get meningitis, can be found on [Meningitis - NHS](#).

Meningococcal disease (meningitis and sepsis) is an uncommon but serious disease caused by meningococcal bacteria. Very occasionally, the meningococcal bacteria can cause serious illness, (inflammation of the lining of the brain) and sepsis (blood poisoning).

The onset of illness is often sudden and early diagnosis and treatment with antibiotics are vital. Early symptoms, which may not always be present, include:

- a rash that doesn't fade when pressed with a glass
- sudden onset of high fever
- severe and worsening headache
- stiff neck
- vomiting and diarrhoea
- joint and muscle pain
- dislike of bright lights
- very cold hands and feet
- seizures
- confusion/delirium
- extreme sleepiness/difficulty waking

Several types of meningococcal bacteria can cause serious illness, which is why different vaccines have been developed to protect against them. In the UK, 2 main vaccines are used, MenACWY and MenB.

MenACWY protects against 4 types of meningococcal disease (group A, C, W, and Y) and MenB protects against meningococcal disease group B.

The MenB vaccine has been part of the NHS routine childhood schedule since July 2015.

Most children who were born after 1 July 2015 will have been offered the MenB vaccine as part of the routine immunisation schedule when they were babies. This means that most children in primary schools and early years settings will have had the MenB vaccine.

Outside of this programme children can only receive MenB vaccination privately. Older children will not have had MenB vaccination unless they have received it privately.

The MenB vaccine does not protect you against meningococcal disease group A, C, W or Y.

The MenB vaccine does not prevent the bacteria from being carried and spread in the community, but it does protect you from becoming unwell.

Teenagers are routinely offered the MenACWY vaccine, in school years 9 and 10. The MenACWY vaccine does not protect you from MenB.

#### **Further information on meningococcal disease**

- [Meningitis - NHS](#)
- [The Meningitis Research Foundation](#) – 080 8800 3344  
Monday to Friday, 9am to 5pm  
[Meningitis Now](#) - 0808 80 10 388  
(9am to 4pm Monday to Thursday and 9am to 1pm Friday)

This information is being shared solely for your awareness however if you do have any concerns, please seek medical advice and advise us in school as appropriate.

Kind regards,



Mr K Rowlands