

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:¹⁴



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 above¹⁴

FOR MORE INFORMATION



0800 611 116
24 hours a day



0800 466 863
www.immune.org.nz



www.meningitis.org.nz

MENINGITISB.CO.NZ



Meningococcal B (commonly known as meningitis) can change life in a moment^{1,2}



Thankfully, **Bexsero** is available to help protect against it.³

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 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 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 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. **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.

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.^{2,4}

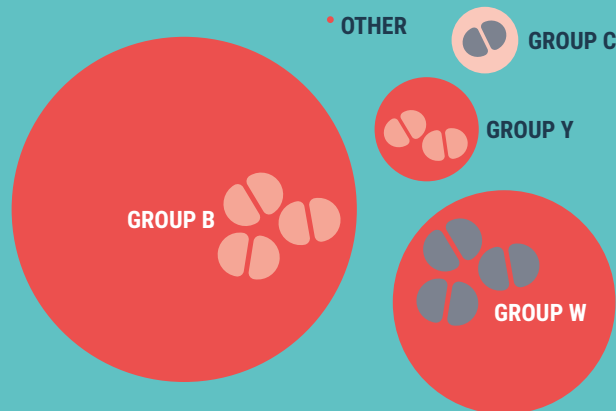
ABOUT 1 IN 10 INFECTED WITH MENINGOCOCCAL DISEASE CAN DIE, SOMETIMES WITHIN 24 HOURS^{2,4,5}

And up to 1 in 5 can suffer from serious long-term disabilities, including brain damage, deafness, and limb loss.^{4,5}



GROUP B IS THE MOST COMMON CAUSE OF MENINGOCOCCAL DISEASE CASES IN NEW ZEALAND.^{*6}

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).⁸



*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.⁷

They can be spread through everyday behaviours, including:⁸



Coughing & sneezing



Sharing drinks & eating utensils



Living in close quarters



Kissing

WHO'S AT RISK?

Anyone can get meningococcal B, however babies and children under 5 are at most risk, followed by teens.^{9,10}



Babies



Under 5s



Teens



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

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.¹²



Some people would have received the MeNZB™ 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.¹³

MOST NEW ZEALANDERS ARE NOT CURRENTLY PROTECTED AGAINST MENINGOCOCCAL B^{12,13}

BEXSERO IS A VACCINE THAT CAN HELP PROTECT AGAINST MENINGOCOCCAL B³

Bexsero is given by injection and the number of doses needed depends on the age of the person being vaccinated.³

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

As with other vaccines, *Bexsero* has benefits and risks.³

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