



**[Warn and inform for whole university]**

15/03/2026

Dear Student or Staff member

A number of University of Kent students have been admitted to hospital with meningitis (inflammation of the lining of the brain and spinal cord) or sepsis (bacteria in the blood stream) likely to be caused by meningococcal bacteria. This is a serious infection which can be life threatening.

**What do you need to do?**

The best way to stop the disease spreading is by giving antibiotics to the close contacts of the people who are ill as quickly as possible.

**Known contacts of the cases have been informed by UKHSA and have been told how to access antibiotics.**

**However, if you believe you have been in contact with a case of meningitis and you have not been contacted by UKHSA, please attend Senate 9am-4pm on Monday 16<sup>th</sup> March.**

Everyone should remain aware of the symptoms of meningitis and septicaemia (information provided below) and what to do.

**More about meningitis and septicaemia**

One or more of these symptoms may develop and they can appear in any order.

High temperature	Rapid breathing
Vomiting or diarrhoea and stomach cramps	Joint or muscle pain
	Cold hands and feet
Severe headache	Pale blotchy skin
Stiff neck	Confusion and/or irritability
Dislike of bright light	Drowsiness or difficult to wake
Rash or bruising rash	Seizures or fits

**If you or a friend develops symptoms of meningitis or septicaemia**, particularly if symptoms are getting worse, seek medical help urgently:

- at the closest Accident and Emergency Department in:  
William Harvey Hospital in Ashford, or  
Queen Elizabeth Queen Mother Hospital in Margate
- or by dialling 999

Trust your instincts and do not wait for all the symptoms to appear or until a rash develops. Someone with meningitis or sepsis can get a lot worse very quickly.

Call NHS 111 for advice if you're not sure if it's anything serious.

If you've had medical advice and are still worried or any symptoms get worse, get medical help again.

Further information about meningitis is available from two charities who offer free support via their websites and helplines:

The Meningitis Research Foundation

[www.meningitis.org](http://www.meningitis.org)

Helpline UK 080 8800 3344

Meningitis Now

[www.meningitisnow.org](http://www.meningitisnow.org)

Helpline 0808 80 10 388

or [helpline@meningitisnow.org](mailto:helpline@meningitisnow.org)

Yours sincerely

South East Health Protection Team