

City of Glasgow College
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Our Ref: 1724679
Enquiries to: Public Health Protection Unit
Phone Number: 0141 201 4917 option 3
Email: PHPU@ggc.scot.nhs.uk
Date: 06/02/2023

Dear Student,

CASE OF MENINGOCOCCAL DISEASE

The Public Health Protection Unit, (PHPU) in NHS Greater Glasgow and Clyde, has been in contact with the City of Glasgow College regarding a small number of cases of meningococcal disease who have connections to the college.

PHPU have already been in touch with close contacts of these cases and the risk to other students and staff is assessed to be low: the purpose of this letter is to provide you with information about meningococcal infection.

The bacteria which cause this illness are not easily passed from person to person. Only those who have had prolonged, close contact with the case during the seven days before onset of illness, require preventative antibiotics to reduce their risk of infection (also known as antibiotic prophylaxis). Examples of prolonged close contact would be those living and/or sleeping in the same household; boy/girlfriends or those with close intimate contact with the case; pupils in the same dormitory; university students sharing a kitchen in a hall of residence.

Normal social contact including hand shaking; hugging; kissing on cheek or mouth; sharing food or drinks; sharing a car or travelling together does not constitute close prolonged contact. Thus, classmates, work mates, friends and visitors to the house (excluding overnight stays) are not at any greater risk than the rest of the population and do not need preventative antibiotics.

It is important for you to be aware of the signs and symptoms of meningococcal infection. In children and adults the symptoms can include:

- Fever
- Severe headache
- Stiff neck
- Drowsiness or confusion
- Dislike of bright lights
- Painful joints
- Nausea and vomiting
- Rash – two thirds of people develop a rash or red and purple spots or bruises anywhere on the body. The rash does not disappear when pressed with an object such as a glass

The symptoms may not all appear at the same time and may not all be present. If you are at all concerned about your own health or that of a friend or family member, please seek immediate medical attention, either from your/their own GP (take this letter with you)

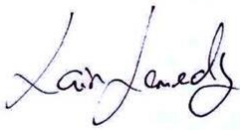
in hours Monday to Friday or call NHS 24 on 111 (<https://www.nhs24.scot/Our-Services/when-to-phone-111>) if out of hours and at weekends.

The enclosed leaflet provides additional information on meningitis and more information can be found on NHS Inform [Meningitis - Illnesses & conditions | NHS inform](https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/meningitis) - <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/meningitis>.

Effective vaccines against some strains of the bacteria which cause meningococcal disease exist and are part of the routine UK immunisation programme. If you are concerned that you have not had all your routine vaccines as appropriate for your age, please contact your GP surgery.

I hope that this information reassuring and helpful.

Yours sincerely

A handwritten signature in black ink, appearing to read 'Iain Kennedy', written in a cursive style.

Dr Iain Kennedy
Consultant in Public Health Medicine