

Important Patient Information: Current Meningitis (MenB) Outbreak Linked to Kent

Last updated: 19 March 2026

Where to Get More Information

For full details on the outbreak, including updates on case numbers, antibiotic collection sites, symptoms, and vaccination arrangements, please visit the official UKHSA blog:

 [Meningitis B outbreak: what you need to know \(UKHSA\)](#)

The UK Health Security Agency (UKHSA) has reported an ongoing outbreak of invasive meningococcal disease (MenB) affecting young people associated with the University of Kent and the Canterbury area.

We would like to reassure you that there is no baseline increased risk outside of the specific outbreak in Kent at this time.

What to do if you have returned home from Kent

1. Check if you were exposed

You should act now if **any** of the following apply:

- You visited **Club Chemistry (Canterbury)** on **5, 6 or 7 March**.
- You have had **close contact** with someone with confirmed or suspected meningococcal disease.

2. Contact our GP practice

If you meet the criteria above and have not yet received antibiotics in Kent, you can request **preventative antibiotics** from our practice. UKHSA has recommended that GPs across the UK prescribe these to eligible individuals who have travelled home.

3. Be alert for symptoms

Meningitis and sepsis can develop **rapidly**. Seek urgent medical help if you develop:

- Sudden fever
- Severe headache
- Stiff neck
- Rash that does not fade under pressure
- Vomiting or diarrhoea

- Light sensitivity
- Cold hands/feet or limb pain
- Confusion or drowsiness
(Symptom recognition is vital due to the fast progression of meningococcal disease.)

4. Routine prevention

It is important to keep **routine vaccinations up to date**, including the MenACWY vaccine where applicable. The full UK routine schedule is available here: [Complete routine immunisation schedule from 1 January 2026 - GOV.UK](#)

5. Further information on meningococcal disease is available from:

- The NHS: <https://www.nhs.uk/conditions/meningitis/>
- The Meningitis Research Foundation: www.meningitis.org 0808 800 3344 (24 hours)
- Meningitis Now: www.meningitisnow.org 0808 80 10 388 (9am – 8pm)