**Sample letter: Meningococcal disease - prophylaxis recommended** Date: Re: MENINGOCOCCAL DISEASE

This letter is to inform you that you or your child had contact with someone who

has been diagnosed with meningococcal disease.

Meningococcal disease is a bacterial infection that is spread by direct contact with secretions from the nose and mouth. The infection can be in the blood (meningococcemia) or in the spinal fluid (meningitis). You or your child has a very small, but increased risk of developing a meningococcal infection over the next 10 days.

Meningococcal infections are sometimes difficult to recognize. Symptoms may include a change in the level of alertness, fever, stiff neck, a rash, or any illness that seems more serious than usual. Please observe for signs of illness and if present, seek medical attention immediately.

**Because you or your child have had contact with an infected person, Public Health recommends that medication be given to prevent further spread of the disease. You should contact your health care provider as soon as possible.**

If either you or your health care provider require further information, please contact me.

Sincerely,

Public Health Nurse

Phone

**Nova Scotia Communicable Diseases Manual**

Sample Letter 1