

Confidential  
University of Edinburgh students living at  
Pollock Halls, first year Law School  
Students, and Pollock Halls staff.

Date 25 January 2024  
Our Ref ERHPT/MCD UoE

Enquiries to East Region Health Protection  
Direct Line 0300 790 6264  
Email [eos.eastregionhpt@nhs.scot](mailto:eos.eastregionhpt@nhs.scot)

Dear Student

The East Region Health Protection Team is working closely with the University of Edinburgh following two confirmed cases of meningococcal disease, an infection which can cause meningitis or sepsis. All close contacts have been identified and are receiving antibiotics. There is no need for immediate concern and no follow up is required for anyone else, unless you become unwell and develop any of the symptoms listed below.

This disease is caused by a germ which is often in the back of the nose and throat. It does not usually cause harm but can occasionally cause meningitis and sepsis which can be life threatening.

The risk of contracting meningococcal disease through casual contact is **extremely small**. But it is very important to be aware of the signs and symptoms of meningitis and sepsis and seek early medical attention if you are worried about friends, family or yourself for now and in the future.

**Symptoms include** feeling unwell, along with:

Fever	Dislike of bright lights
Vomiting/Diarrhoea	Neck stiffness or limb/joint/muscle pains
Severe headache	Cold hands and feet/shivering
A new skin rash on any part of the body	Abnormal drowsiness or agitation

It is very important that you seek medical advice at once if you think someone may have meningitis or blood poisoning; urgent treatment may be needed. If you are seeking medical attention, please take this letter with you. Please call NHS 24 on 111 or your local GP.

MenACWY vaccine is offered to all young people in the UK as part of the teenage boosters given at school. It is also recommended for students before they start university if they missed vaccination at school. MenB is also available and offers protection against a different strain of meningococcal infection.

NHS Lothian has set up a vaccination clinic in response to these two cases. This is being offered to first year University of Edinburgh students who live at Pollock Halls, staff at Pollock Halls, and to first year Law School students. You will be offered MenACWY vaccine if you have not received it previously, and will also be offered MenB vaccine.

The clinic is to be held at Waverley Mall, each day from Monday 29 January to Thursday 1 February between 09:00-19:00. You do not need an appointment – vaccines will be offered on a first come, first served basis.

Waverley Mall is a shopping centre at 3/48 Waverley Bridge, Edinburgh EH1 1BQ.

The vaccination clinic is on the upper level, close to Waverley Bridge entrance.

If possible, please remember to bring this letter with you.

Please also ensure you are up to date with all routine vaccinations; in particular that you have had two doses of measles, mumps and rubella (MMR) vaccine. If you think that you missed a dose of MMR vaccination you will also have the opportunity to request this at the clinic. These vaccines are provided without charge as part of the routine schedule in NHS Lothian.

If you cannot attend a clinic at Waverley Mall, you can still request vaccination by phoning 0131 537 7205 and making an appointment.

Once Pollock Halls and first year Law School students have been vaccinated, a letter will be sent to other students at University of Edinburgh and other universities and colleges, explaining how to access vaccination.

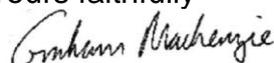
GP registration is strongly advised, as this will ensure you get access to local medical attention.

Further information:

Further general information is available on NHS inform at [nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/meningitis](https://nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/meningitis) or **if you suspect someone has meningitis then call NHS 24 on 111.**

Information about student vaccinations is available on NHS Inform at [nhsinform.scot/vaccinesforstudents](https://nhsinform.scot/vaccinesforstudents)

Yours faithfully



Dr Graham Mackenzie  
Consultant in Public Health Medicine