



Sark Medical Practice

Following enquiries with the Surgery and the media coverage about the meningitis B outbreak in Kent please read the following for reassurance locally and to clarify the current guidance around the MenB Vaccine.

In Sark, we follow UK national immunisation guidance.

The MenB vaccine is routinely offered to infants at:

- 8 weeks
- 12 weeks
- 1 year

Children aged 2 years and under are the main group eligible for routine vaccination.

- The programme was introduced in 2015 for infants
- Older children, teenagers and adults are not routinely eligible

The overall risk to the general population remains low.

Sark Medical Practice is not able to offer private Vaccinations as all Vaccine's are supplied by Public Health Guernsey and therefore we follow their immunisation protocols.

If there is an outbreak

Guidance supports a targeted approach:

- Vaccination is not offered to everyone
- High-risk groups (e.g. close contacts) may be offered vaccination and/or antibiotics

Sark would work in conjunction with Public Health Guernsey and individuals will be contacted directly where needed — including advising on any case-by-case adult booster doses if clinically indicated.

Symptoms to look out for

Seek urgent medical attention if you or your child develop:

- Fever
- Severe headache
- Neck stiffness
- Sensitivity to light
- Vomiting
- A rash that does not fade when pressed with a glass

Our advice

- **Ensure your child is up to date with routine vaccinations**
- **Be aware of symptoms and seek help early**
- **Follow any direct advice from Sark Medical Practice and Public Health Guernsey if contacted**

If you have concerns or would like to check vaccination eligibility, please contact the practice on 01481 832045.

19th March 2026