

Un monde sans méningite

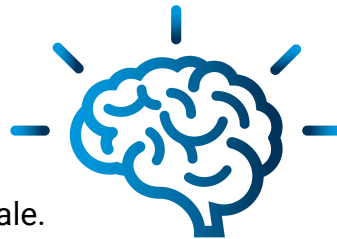
C'est le moment d'agir.



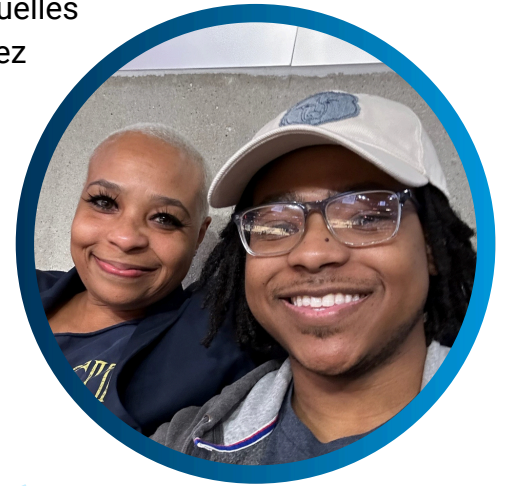
1 personne sur 10 atteintes de méningite en meurt. Aussi tragique que cela puisse paraître, **environ 40 % des décès** dus à la méningite touchent des **enfants de moins de cinq ans**. Il est temps d'agir : apprenez-en davantage sur les raisons pour lesquelles nous devons agir contre la méningite et sur la façon dont vous pouvez changer les choses.

Qu'est-ce que la méningite ?

La méningite est un gonflement de la membrane qui entoure le cerveau et la moelle épinière (les méninges) et est généralement causée par une infection bactérienne, fongique ou virale.



Elle change des vies et peut être mortelle.



Notre seul et unique fils s'en est allé. En l'espace d'une journée, notre monde s'est écroulé.

Marcia King, mère de Spencer
États-Unis

Pourquoi la méningite devrait-elle être une priorité de santé publique ?

Une maladie à la morbidité élevée

- Chaque année, plus de **2,3 millions** de cas de méningite sont recensés.
- **1 personne sur 6** atteintes de méningite bactérienne en meurt.
- La méningite bactérienne laisse **1 personne sur 5** avec un handicap à vie, notamment une perte auditive, des lésions cérébrales ou la perte de membres.

L'impact généralisé sur les communautés

- La méningite peut toucher n'importe qui, n'importe où, n'importe quand, souvent sans avertissement.
- Même dans les pays bénéficiant de systèmes de santé et de vaccination fiables, des flambées épidémiques se produisent encore et doivent être contrôlées rapidement.
- L'impact de la méningite est dévastateur. Elle emporte des vies ou laisse des personnes handicapées à vie. Pourtant, de nombreuses personnes ayant survécu ne reçoivent aucun soin a posteriori, les laissant avec des besoins non identifiés et non pris en charge.

Une menace croissante

- Si aucune mesure n'est prise dès maintenant, **400 000 personnes supplémentaires seront atteintes d'un handicap grave** causé par la méningite rien qu'en 2030.
- L'augmentation de la résistance antimicrobienne a un impact sur le traitement efficace de la méningite. Cela rend la **vaccination encore plus essentielle pour prévenir les cas**.

Le coût social et économique

- La méningite affecte les personnes survivantes et soignantes, limitant l'éducation, le travail, le revenu et l'indépendance.
- Selon l'Organisation mondiale de la Santé, l'amélioration de la prévention, du diagnostic et du traitement de la méningite pourrait permettre d'économiser jusqu'à **10 milliards de dollars** en coûts de santé directs d'ici 2030.

Did you know?

In 2022, under 1% of global research funding focused on the long-term effects of meningitis. This means vital breakthroughs on after care and support are still not being identified.



What causes meningitis?

There are many causes, the most common are bacterial, viral or fungal infections.

Bacterial meningitis

Strikes suddenly, can kill within hours or cause life-long disabilities and is largely vaccine-preventable.

Viral meningitis

Serious but almost never life-threatening. May cause short-term, or more rarely, life-long after-effects.

Fungal meningitis

Rare and usually only affects people with weakened immune systems. Acts much more slowly but can be fatal.

John was a Doctor, I'm a Physiotherapist – but even now I wouldn't recognise it as anything different to flu.

Di Spalding, wife of John
UK



What are the signs and symptoms of meningitis?



Fever and/or vomiting



Stiff neck



Avoiding bright light



Sleepy/difficult to wake



Muscle, joint and/or limb pain



Seizures (fits)



Rash



Confused



Cold hands and feet



Severe headache

**Symptoms may appear in any order - or some not at all.
Always trust your instincts and get medical help fast.**

The Global Road Map to Defeat Meningitis by 2030

The World Health Organization (WHO) has created the [Global Road Map to Defeat Meningitis by 2030](#). This is a global plan to transform how meningitis is prevented, diagnosed and treated. It is designed to support governments worldwide to tackle vaccine-preventable meningitis by outlining clear milestones for action between now and 2030.

Turning the Road Map into reality could **eliminate bacterial meningitis epidemics, reduce disability and improve aftercare** for everyone – ultimately **saving over 920,000 lives by 2030**.

Since its approval at the World Health Assembly in 2020, 2025 marks the halfway point to the Road Map's goal of defeating meningitis by 2030. **Now is the time for action.**

Make meningitis a political priority

Policy makers have the power to save lives and shape the future of public health.

The Road Map calls on countries to tackle meningitis by developing, implementing and prioritising national plans to defeat meningitis. This can help give visibility to the threat posed by meningitis and set out what countries need to do to defeat it.

Has your government created a national plan to defeat meningitis?

If not, start by reading the "Developing national meningitis plans: an operational manual" produced by the WHO.

Already working on a plan?

Strengthen it by collaborating with civil society experts from **Meningitis Research Foundation's** international membership network, the **Confederation of Meningitis Organisations (CoMO)**.

If a plan has already been developed, publish it so healthcare providers, advocates, and communities know your next steps.

“Meningitis changed me but didn't break me. My life may never be the same as before meningitis, but I choose to embrace the changes and keep living fully.”

Annerine Steyn
South Africa



World Meningitis Day - What it is and why it matters

World Meningitis Day is the world's largest day of collective action on meningitis.

Founded by the **Confederation of Meningitis Organisations (CoMO)** and **coordinated by Meningitis Research Foundation**, it brings people together to educate communities and call for urgent action.

World Meningitis Day plays a key role in supporting the World Health Organization's Road Map to Defeat Meningitis by 2030. It is a milestone within the road map and it is a powerful opportunity to encourage funders and policymakers to prioritise meningitis and embed the road map into national health plans.

Supporting World Meningitis Day raises life-saving awareness and drives momentum towards the goal of defeating meningitis by 2030.

Making an impact on World Meningitis Day

In 2024, 1.7 billion people were reached with life-saving information in 135 countries.

Join the global movement

Take action on the 5th October



Light the road ahead

Join us in illuminating something on 5th October at 20:30 to remember all those affected by meningitis. Share your moment on social media using [#WorldMeningitisDay](#) or [#DefeatMeningitis](#).

Tell your story, your way

If you have been affected by meningitis, share your story and be one of the 2,030 voices for 2030. Help build the largest digital collection of meningitis experiences to show others they're not alone and highlight the disease's lasting impact. Find out more: meningitis.org/meningitis-in-your-words



Speak up to save a life

Help spread life-saving awareness of meningitis by sharing any of the free resources from our digital toolkit, using [#WorldMeningitisDay](#) or [#DefeatMeningitis](#).



By raising awareness, improving access to vaccines and advocating for better policies, we can save lives and create a healthier future for all

Dr Spensa'r Fulgence, Medical Doctor and Friend of CoMO, Tanzania



SCAN ME