

GOVERNMENT OF MEGHALAYA  
HEALTH & FAMILY WELFARE DEPARTMENT

No. Health.21/2020/Pt.VIII/139

Dated Shillong the 26<sup>th</sup> February, 2026.

Public Health Advisory: Meningococcal Disease

The State Surveillance Unit (SSU) has been notified of suspected cases of meningococcal infection. District Surveillance Unit (DSU), East Khasi Hills, in coordination with the SSU, has initiated an active epidemiological investigation. Case investigation, contact tracing, laboratory review, and surveillance strengthening measures are currently underway.

The SSU reassures the public that the situation is being closely monitored and is presently under control, and no new suspected cases have been detected in any other area. All necessary public health measures, including identification and monitoring of close contacts and implementation of appropriate preventive interventions, are being carried out as per standard outbreak response protocols.

Precautions:

1. Use a mask if you are feeling unwell or are in crowded areas, as a precautionary measure.
2. Practice good respiratory hygiene, such as covering your mouth and nose while coughing or sneezing.
3. Try to avoid crowded area.
4. Maintain regular hand hygiene with soap and water or hand sanitizer.
5. Maintain a balanced and nutritious diet to support overall immunity.

Report to the nearest Medical facility in case of:

1. Sudden high fever
2. Headache
3. Vomiting
4. Rapid spreading purpuric rash
5. Pale limb peripherals at a later stage.
6. Circulatory collapse, shock and multi-organ failure (in severe, fulminant cases)

The Health Department advises the public to remain calm and avoid spreading unverified information. Further updates will be communicated as more information becomes available. *Rapid Identification & preventive action is important. 14410 Call centre may be used for seeking any urgent medical assistance.*

Sd/-

(Dr. Joram Beda, IAS)

Commissioner & Secretary to the Govt. of Meghalaya,  
Health & Family Welfare Department.

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Dated Shillong the 26<sup>th</sup> February, 2026.

Copy to :

1. The P.S. to the Principal Secretary to the Govt. of Meghalaya, Health & Family Welfare Department for information of the Principal Secretary.
2. The P.S. to the Commissioner & Secretary to the Govt. of Meghalaya, Health & Family Welfare Department for information of the Commissioner & Secretary.
3. The Director of Health Services(MI/MCH&FW), Meghalaya, Shillong for kind information.
4. The Director, Information & Public Relation, Meghalaya, Shillong for wide circulation in the National Print/Electronic Media.
5. The Surveillance Officer, Meghalaya, Shillong for kind information.



( Dr. Rezina Ch. Marak, MCS)

Joint Secretary to the Govt., of Meghalaya,  
Health & Family Welfare Department