



**Pacific University
Student Health Center
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Meningococcal Vaccine and Disease Information

Meningococcal Disease

Meningococcal Meningitis is a serious, potentially fatal infection that most often causes severe swelling of the tissue around the brain and spinal cord (meningitis) or a serious blood infection (meningococemia). The symptoms of meningococcal meningitis can appear quickly or over several days. Typically they develop within 3-7 days after exposure.

Symptoms may include:

- Fever
- Headache
- Stiff Neck
- Rash (purpura often appears as flat, dark purple spots on arms, legs, then torso)
- Nausea and/or vomiting
- Feeling very drowsy or weak, muscle or joint pain
- Confusion
- Sensitivity to Light

If you think you have any of these symptoms, call a doctor right away or go to emergency room.

Meningococcal meningitis is very serious and can be fatal. In fatal cases, deaths can occur in as little as a few hours and in non-fatal cases permanent disabilities can occur.

How Meningococcal Disease Spreads

The bacteria spread through the exchange of respiratory secretions during close, direct contact with an infected person for several hours. Other factors that increase risk: first year college students living in residence halls, college students living in group settings (such as fraternities and sororities), military recruits, those who lack a spleen or have certain immune disorders.

How to Reduce the Spread of Meningococcal Disease

- Get vaccinated
- Do not share:
 - ✓ Cups, water bottles, or eating utensils
 - ✓ Toothbrushes
 - ✓ Make-up or lip balm
 - ✓ Cigarettes, e-cigarettes, pipes or hookah
- Do not smoke tobacco or marijuana
- Do not drink from a common punchbowl
- Know that kissing poses a risk
- Cover your cough (coughing and spitting can transmit the bacteria)
- Wash hands often with soap and water or use hand sanitizer

Vaccination

There are vaccines that help provide protection against all serogroups of *Neisseria meningitidis* bacteria that are commonly seen in the United States. Like with any vaccine, meningococcal vaccines are not 100% effective. This means that even if you have been vaccinated there is still a chance you can develop a meningococcal infection.

Vaccine is available at local pharmacies. Pharmacies may need to order the vaccine so it is a good idea to call in advance before you go in. Pharmacies have the ability to bill your insurance if the vaccine is covered.

Types of meningococcal vaccine:

CDC recommendation for Meningococcal Vaccination: There are **two types** of meningococcal vaccines for preteens and teens:

All 11 to 12 year olds **should** be vaccinated with a meningococcal conjugate vaccine (Menactra[®] or Menveo[®]), with a booster dose given at 16 years old. This covers most of the meningococcal disease in the world, **Serogroup Types A, B, C, W, and Y**

Teens and young adults (16 through 23 year olds) may also may be vaccinated with another type that covers a different strain of meningitis, **Serogroup B** If they are part of a population identified to be at increased risk because of a serogroup B meningococcal disease outbreak (this is the type of Meningococcal outbreak identified on Oregon campuses) These vaccines are (2 or 3 doses depending on brand), (Bexsero[®] or Trumenba[®])

For the most current vaccine recommendation, please call your medical provider and/or visit:
http://www.helppreventdisease.com/adult_vaccines/meningococcal-meningitis/index.html
<https://www.cdc.gov/vaccines/vpd/mening/public/adolescent-vaccine.html>