

Health Services Advisory

What you need to know about meningococcal disease:



- Meningococcal (me-nin-je-kok-ul) disease is a serious illness caused by bacteria that can infect the blood or areas around the brain and spinal cord. Infection can lead to brain damage, disability, and rapid death.
- Meningitis is the most common form of meningococcal disease. Common symptoms of meningitis include stiff neck, headache, sensitivity to light, seizures, and high fever.
- The meningococcal conjugate, recommended by the Center for Disease Control and Prevention (CDC), is your best shot at preventing several types of meningococcal disease.
- A booster dose of the vaccine is now recommended at age 16 or older. Even if you were vaccinated before age 16, you need an additional dose before entering college.
- Meningococcal disease is a rare but serious disease. An estimated 1,000 people get meningococcal disease each year in the U.S., 130-200 of them in California. **Students living in residence halls are particularly at risk.**
- Meningococcal disease is contagious and spreads from person to person through air droplets. Close contact such as kissing, coughing, smoking, and living in crowded conditions (like residence halls) can increase your risk of getting the disease.
- You can protect yourself by: 1) not sharing items that have touched someone else's mouth, such as cups, bottles, cigarettes, lip balm, and eating utensils; 2) not smoking; 3) getting the meningococcal conjugate vaccine.

All of the above information was provided by the State of California – Health and Human Services Agency. For more information go to: <http://www.cdc.gov/meningococcal/>

By signing, I am acknowledging that I have received and read this advisory about the meningococcal disease and recommended vaccination. Return to Health Services – New Hall W01.

Student (and Parents of Minors) - Print Name & Signature

Date _____