Meningococcal Disease

Meningococcal disease is caused by the bacteria Neisseria meningitides. Meningococcal disease is severe and can cause infections in the bloodstream or infections to the brain and spinal cord. This disease progresses quickly and can kill a person within 24 hours from the onset of symptoms. About 1 in every 10 cases of meningococcal disease is fatal, and about 2 in the surviving 9 will suffer from permanent disabilities.

Symptoms:
- Headache
- Fever
- Stiff neck
- Nausea/Vomiting
- Confusion
- Sensitivity to light

Preventions:
- Meningococcal vaccines

How it’s spread:
- Sharing a drink
- Kissing
- Coughing
- Sneezing
- Close contact with an infected person

Which Vaccines Should You Get?
- Meningococcal conjugate vaccine (MCV4) is for people younger than 55 years-old
- Meningococcal polysaccharide vaccine (MCSV4) is for people older than 55

Who should get it?
- Kids ages 11-13 should get it at their next appointment
  - A second dose is needed for 16-18-year-olds to complete the series.
- College freshman living in dorms
- U.S. military recruits
- Those who travel frequently
- Those who have a suppressed or altered immune system

https://www.cdc.gov/meningococcal/
https://www.cdc.gov/vaccines/vpd-vac/mening/who-vaccinate.htm